NC
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DEATHS AT CHEMAWA

Researchers publish a website detailing deaths at the Oregon school, including children from Humboldt

BY MARY ANNETTE PEMBER/ *INDIAN COUNTRY TODAY*

6 Dog on the lam
8 Caregivers in crisis
16 Patience, Grasshopper

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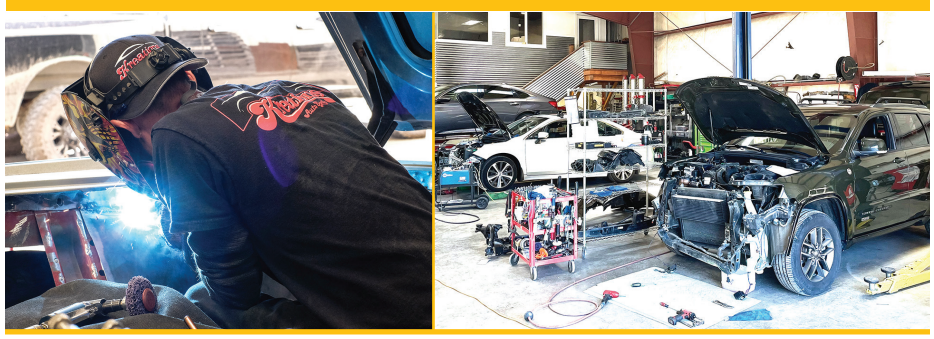
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NCJ CONTENTS

4 **Poem**
Sounds of Autumn

4 **Mailbox**

6 **News**
Searching for Bertie

7 **Views**
Utilize Indigenous Knowledge to Prevent Wildfires

8 **NCJ Daily Online**

10 **On The Cover**
Deaths at Chemawa

14 **On the Table**
Cooking While Traveling

15 **Seriously?**
Nobody Wants to Hench Anymore

16 **Get Out!**
Sea To Summit: Grasshopper Peak

17 **Fishing the North Coast**
Big Storms to Kick Off Coastal King Season

18 **Home & Garden**
Service Directory

19 **Calendar**

23 **Field Notes**
Don't Shoot the Physicist!

24 **Screens**
Unfair

25 **Workshops & Classes**

25 **Cartoon**

28 **Sudoku & Crossword**

28 **Free Will Astrology**

29 **Classifieds**



Logger Francesco Bernal with Bertie moments after rescuing him. Read more on page 6. *Photo by Jan Carr.*

On the Cover
A hand-tinted photograph depicting students at Chemawa Indian School, standing under its entrance arch in Salem, Oregon, in 1905. Photo courtesy of Pacific University.

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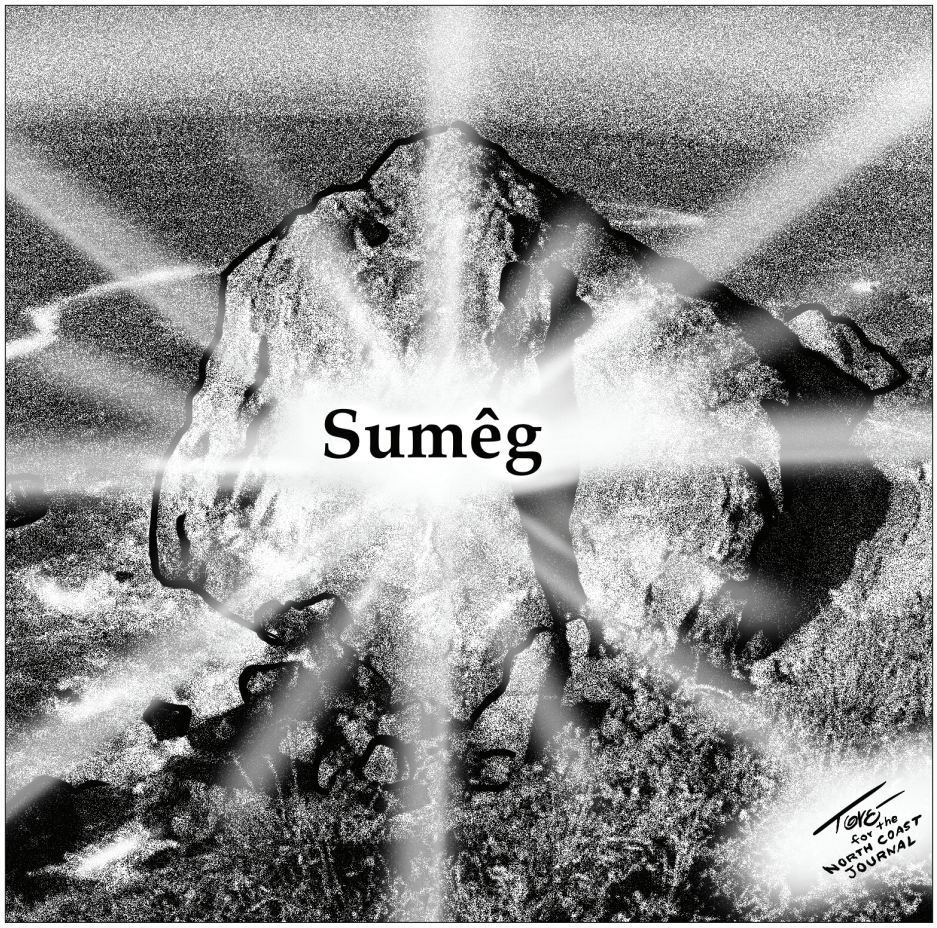




Sounds of Autumn

No rain for days, feeling hopeful
Wind at my back, timing my stride
Fallen brethren all around, but eying
the holy grail
There it lies, perfectly convex
veined and crisp
A slight lateral movement, audibly
scraping concrete
Anticipation rising, three steps, two
right foot conducts
And the crinkled chorus ensues

— Garrett Snedaker



Terry Torgerson

Dubious

Editor:

It is shameful that it remains unclear how many county employees are vaccinated against COVID-19 (*NCJ* Daily, Oct. 14). If Sheriff William Honsal "believes people should get vaccinated" then he should require it of his staff. His is not the only department facing a staffing shortage, and it's been proven over and over around the country that vaccine mandates do not lead to significant mandatory firings.

It is important during this time of civil unrest that police are seen as one of us, an example of good citizenship, not some "other" with special privileges. I just don't believe that Sheriff Honsal is "trying to be as diligent as possible."

Linda Lee, Arcata

'Treasure'

Editor:

The article on the refurbished Eureka Theatre, aided by the astute writing of Gabrielle Gopinath, well describes this Moderne architectural civic treasure ("Moderne Beauty," Oct. 14). One that deserves the support of the community post pandemic.

John Dillon, Eureka

'Bigots and Bullies'

Editor:

In reference to the article by Thadeus Greenson about the hiring difficulties of the Eureka police department, I believe the solution to the hiring dilemma for the police is pretty simple: Police salaries should be increased by a considerable amount ("Help Wanted," Oct. 7).

But only if police departments henceforward refuse to hire bigots and bullies. It is insane to put guns in the hands of the worst among us. By what means can anyone justify allowing such individuals to make life-or-death decisions among people whom they already despise?

If police departments across the U.S. would just refuse categorically to hire bigots or bullies, that would go a long way toward restoring public respect for officers of the law. Nor is it hard to determine whether a person is a bigot or a bully.

I suspect that if police departments took such action, they would find themselves swamped with qualified applicants. As matters stand now, no self-respecting person wants the job.

Of course, for such sweeping changes to occur, all the bigots and bullies who are already in positions of power in police departments, legally allied offices or police unions would first have to be at least defanged, and if at all possible, removed.

And since the principal occupation of the current Republican party is the defense of the indefensible, I suppose most of them must be voted out of office as well.

Jack Butler, Eureka

'An Honor and a Privilege'

Editor:

Only one in every four women has an abortion during her reproductive life. The most common reasons cited for seeking an abortion are that having a child would interfere with education/work/career goals, would affect the ability to care for other dependents; or would increase financial and/or emotional stress; being reluctant to bring a child into a bad/abusive relationship; or being reluctant to be a single parent.

Abortion has been legal and safe since the 1973 passage of Roe v. Wade. Before then, poor women died as the result of back-alley or self-induced abortions. Other poor women developed infections and became sterile; while wealthy women went to Europe for safe abortions.

The recent passage of Texas' abortion law not only gives license to mob vigilantism when it comes to seeking an abortion. It also criminalizes any abortion after six weeks of pregnancy. And though pregnancy can be diagnosed quite early, a fetus is unable to survive outside the womb until it is at least 22 weeks, and then only with intense medical intervention.

Anti-abortionists seem to see abortion as an easy means of birth control. Clearly the statistics prove that abortion is not used as birth control. And I can speak from personal experience that having an abortion is not easy on a woman's body, mind or emotions.

For these reasons, I chose to participate in the Humboldt County/Nationwide Women's Rally for Reproductive Rights and against the draconian Texas abortion law in Eureka on Oct. 2 (*NCJ* Daily, Oct. 7). The rally was well attended, attracting about 300 supporters from across the region.

Thank you to all who attended and the volunteers who made it happen: Rae Robison (publicity/organizer), Sarah Ross, Carol Scher, Megan Hughes, Julie Schlinkert, Grace Driscoll, Marisa Formosa, Vicki Lechuga, Planned Parenthood, and

the security team: Meeka, Rick, Suzette, Apryle, Dave, Marshal and Romi.

It was an honor and a privilege to also be a volunteer at the event.

Kathleen Marshall, Arcata

More, Please

Editor:

Jennifer Fumiko Cahill, please keep writing ("Candy Corn Doesn't Care if You Hate It," Oct. 7). Love your columns and love your wording. And used to love candy corn.

Dave Rosso, Eureka

Protect the Wolves

Editor:

When gray wolves were restored to Yellowstone, our country began the process of restoring a decades-old wrong. In the years that have since passed, wolves in the Northern Rockies have begun to recover. But recent actions by Montana and Idaho that seek to kill up to 90 percent of the wolves in their states, threaten the future of this ongoing recovery.

Today, hunters in Montana can sit just feet outside of Yellowstone National Park and gun down as many as 10 wolves each. In Idaho, private contractors have been hired by the state to trap and shoot nearly all of the wolves in the state's borders. Montana will soon allow the use of deadly and indiscriminate neck snares that strangle the animal unfortunate enough to come across them.

The Biden administration has the tools to stop this slaughter. In August, the former Director of the U.S. Fish & Wildlife Service under President Obama wrote a *Washington Post* op-ed imploring Interior Secretary Deb Haaland ("Moving Forward on Priorities for Indian Country," Oct. 14) and President Biden to act and issue emergency protections for gray wolves. He outlined exactly how and why they must act.

Biden and Haaland are entrusted with the caretaking of our natural spaces and the species that live on them. Their inaction to date is inexcusable.

Please join me in writing to the Department of Interior at www.DOI.gov and ask that they finally act to protect wolves in the Northern Rockies before it is too late.

Ron Melin, Trinidad

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The weekly deadline to be considered for the upcoming edition is 10 a.m. Monday. ●

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Searching for Bertie

How Humboldt Paws Cause mobilized to find a missing dog

By Sarah Hobart
newsroom@northcoastjournal.com



Tim McDonald and Julie Geary with Bertie back home.
Photo by Tim McDonald

For Tim McDonald and Julie Geary, schoolteachers from the Los Angeles area, a July road trip up the coast with a stop in Arcata to see friends from his Humboldt State University days, was both a first and a last chance to get away after a year hunkered down and before the new school year.

Traveling with them was Bertie, the tan-and-white pit bull they'd adopted from a shelter in 2020. On the evening of July 17, while the couple visited friends in Sunny Brae and Bertie was in his bed in the back of an SUV just 30 feet away, someone smashed in the car's window. When McDonald checked on him minutes later, Bertie was gone.

It's every pet owner's worst nightmare: the dog that slips its leash or bolts through an unlatched gate, or the cat that doesn't come home. Bringing pets and their people back together has been the mission of Humboldt Paws Cause since 2012. It's reunited more than 10,000 animals — not just dogs and cats, but rabbits, horses, goats, pigs, even bird and turtles — since it began tracking the numbers in 2015.

Using the online community bulletin board is simple. Anyone who's lost a pet or who spots a loose animal can post on the website with a photo and location, or, if they prefer social media, on its Facebook page, which has more than 17,000 followers. Pet owners can even post via one of four radio stations (KHUM, KSLUG, KWPT and KLGE) whose DJs read lost and found postings live on the air.

The organization is sponsored by Myrtle Avenue Veterinary Hospital, Fin-N-Feather and Lost Coast Communications, who provide financial support. Managing the heavy volume of posts are a handful of site administrators.

Chere (who asked that her last name not be used) is one of them. In the nine years since HPC's launch, she said, there's never been a day without a post. "It's seven days a week, 365 days a year," she said. "A ballpark average is 15 new posts a day, though some days it can be closer to 25."

Maintaining the site entails cross-posting between the website and Facebook page, updating posts, sometimes contacting posters when sightings of their lost pets come in or calling the owner if the animal is found deceased.

The search for Bertie is an example of how the HPC community mobilizes. "There were 2,000 shares," said Chere. "Everybody was looking."

A friend of Geary and McDonald's jumped on the HPC website and found that two reports had already been posted: A dog matching Bertie's description, right down to his blue bandana, was running south on Old Arcata Road.

The couple and their friends set out at once, but after hours combing the dark woods, they called off the search for the night.

By first light, they were at it again. A sighting came in from Graham Road, another from a logging road near Jacoby Creek, and a third on the creek at the edge of a woman's yard nearby.

Days passed and leads turned up empty. The couple put up 600 "lost dog" posters, which were also downloadable from the HPC website. Paws Cause continued to repost Bertie's story, reminding followers he was still out there. His owners followed up on more than 60 leads, plotting them on a map. They slept in their car with the doors open and treats tied to the roof. They offered a $1,000 reward. But their two-day stop in Humboldt had stretched into two weeks and their time was up; they had to return home to start work. They were in tears when they left Aug. 2.

Arcata resident Jan Carr is a local animal tracker with extensive experience in animal rescue. She and her rescue partner Gina LaRee Nickell occasionally collaborate with Paws Cause on challenging cases and she'd been following Bertie's story.

"They were doing everything right — everything I would have done," Carr said of Geary and McDonald. She contacted the couple through HPC and, after meeting, volunteered to take over the search. McDonald would continue to field calls and pass leads to Carr.

"It was like they were leaving their child behind," Carr said. "I decided, come hell or high water, I was getting that dog."

Two days later on Aug. 4, McDonald was shopping for classroom supplies when he received a text. A logger with Steve Wills Trucking and Logging who'd seen one of the posters said he'd spotted Bertie in the woods near Quarry Road, in the Jacoby Creek watershed.

McDonald gave the caller Carr's number but didn't get his hopes up until the logger sent another text with a photo of Bertie.

With Bertie missing for 18 days — and 11 days without a sighting — Carr had begun to fear the worst until her phone chimed with the logger's lead. Other sightings from the same area came in, confirming Carr's suspicion that Bertie had never left Jacoby Creek. "Dogs, when they're lost, will make a home base and hunker down during the day, then forage for food at night," she said.

The chase began in earnest, taking her deep into the woods off Quarry Road to find the logging site, where she met with the loggers and emptied a bag of dog food on the ground. Nickell joined her and they searched the woods for hours. Finally, they heard whimpering. "We knew we were close," she said.

Then a shout went up from the logging site: Bertie was at the pile of food and one of the loggers had managed to get a rope around him.

The dog was filthy, covered in ticks and poison oak, and cut by blackberry vines. He'd lost hair from his face and hindquarters. After 18 days on the run, he'd also lost 25 pounds, more than a third of his body weight. His ribs jutted out like the tines of a fork but he was alive.

McDonald was in his car when the text came from Carr. "It just said, 'WE GOT HIM.' ... I pretty much collapsed," he said.

The couple hadn't been home 24 hours before they were back on the road driving through the night in order to reach Sunny Brae Animal Hospital before it opened at 7 a.m. The Sunny Brae vets had treated Bertie with IV fluids and antibiotics and cleaned his wounds.

"He was so frail," Geary said. "When he saw us, it was like he couldn't believe it." Bertie spent another day and night at the vet's, while his owners met with the loggers to thank them and deliver the reward, which the crew shared.

"So many people came together to help a dog," he said, noting he and Geary are grateful to the HPC team. "It's incredible the way everyone stepped up to help," Geary added. "We'll never find a way to repay people for their generosity."

But Carr says that debt has already been paid.

"I think this happened at a perfect time for this community," she said. "People were down. Things were pretty bleak. It gave them something to hope for, something to be excited about. Bertie's story brought this community together."

Among the more than 1,200 comments on Bertie's "found" post, one reads, "This was the news I needed to hear today." Even Chere, a veteran of thousands of Paws Cause reunions, said that when she got the news, she leaped out of her chair, knocking it over.

"Don't ever give up hope," she said. "Not ever." ●

Sarah Hobart (she/her) is a freelance writer based in Humboldt County.

Utilize Indigenous Knowledge to Prevent Wildfires

By Chelsi Sparti and Chris Villarruel
newsroom@northcoastjournal.com



Firefighters from multiple agencies work the Knob Fire near Willow Creek in September. *Mark McKenna*

We need a dramatic shift in our efforts to curb wildfires in California.

Instead of reacting to wildfires, we need to utilize the knowledge of Indigenous people on managing the land.

When it comes to fire prevention, the wisdom of Indigenous tribes like the Yurok, Karuk, Hoopa and Wintun is unparalleled. Indigenous knowledge and connection to ecosystems have been passed down through intentional training. Youth learn how to burn low-intensity fires in a specific area through culture. This management results in healthier ecosystems that produce more food, medicines and materials for daily life.

Fire is a cornerstone of the Native way of life. Indigenous people burn to connect with the land, clear plant growth in the understory of forests, release nutrients and seeds, and to enhance the health of the ecosystem. Land treated with fire is an indicator of balance.

Much of this Indigenous knowledge and way of being has been overtaken by contemporary strategies that attempt to manipulate natural cycles at great cost to wildlands and life in California. Instead of reacting to wildfires, we need increased investment in coordinated fire prevention funds for prescribed fire by Indigenous burn experts.

Traditional knowledge from Indigenous people placed on fire teams would complement existing efforts by the California Department of Forestry and Fire Protection, the U.S. Forest Service, Department of Interior and local firefighters.

Thoughtful prescribed burns with low-intensity fire were carried out on the land for thousands of years to keep fire, food and water resources in harmony. But we have lost the practice of deliberate and strategic action to reduce ecosystem harm in fire-prone California.

Three improvements in our approach to wildfires would return balance to our wildlands and reduce disruptions in the electric grid.

Government funding should prioritize investments in Indigenous-led burn teams; U.S. Forest Service, Cal Fire and Indigenous burn teams must create a more efficient and coordinated process to increase prescribed burns during optimal conditions; and government criteria should include a minimum number of acres managed by low-intensity fire.

Existing techniques to suppress wildfires are no longer sufficient. Yet in recent decades, state regulations have further limited access to burn permits in California, resulting in an increased risk of catastrophic losses of life and property. In August, 41 of the nation's top fire scientists penned a letter advocating for an increase in prescribed fires.

California and federal officials should place Indigenous people in decision-making roles on fire prevention to increase the adoption of a version of prescribed burns that has a whole ecosystem approach. A culturally relevant opportunity for gainful employment near reservations would also provide economic and public health benefits to tribal communities.

The signing of Assembly Bill 642 and Senate Bill 332 by Gov. Gavin Newsom are to be celebrated, but they are only a starting point. This is the time for state officials, Cal Fire and the U.S. Forest Service to augment efforts with the inclusion of Indigenous cultural fire knowledge.

Tribes with fire expertise are spread across California, often in rural and fire-prone regions. Once resourced by state and federal agencies, Indigenous burn teams can be deployed to manage land and help prevent wildfires.

As Californians, we have a few options. We can wait anxiously every year in anticipation of the moment when drought, winds and a utility failure converge to start a wildfire. Or, we can fund people to work in cities, rural areas and the backcountry to systematically burn a network of fire breaks with low-intensity fire to stop the spread of high-intensity megafires.

We cannot afford to continue with the fire management tactics of the recent past. It is time that decision-makers had the political courage to let Indigenous people lead with their knowledge of fire and lands. With that effort, we can restore our relationship with good fire.

●

Chelsi Sparti (she/her) belongs to the Winnemem, Nomtipom and Nomsus bands of the Wintu Nation. She is a CELI Fellow, Fulbright Scholar and graduate student in the Energy & Resources Group at the University of California, Berkeley.

Chris Villarruel (he/him) is a member of the Ajumawi band of the Pit River Nation. He is an Indigenous forester and forest hydrology student at Humboldt State University. He has mostly worked with the Yurok, Hoopa and Ojibwe tribes in cultural burning, forestry and hydrology. This article was originally published by CalMatters.

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Hospitals Brace for Strikes as Workers Protest Staff Shortages



Hospital staffers and union organizers waved signs and banners in protest over staffing shortages at Kaiser Permanente Hospital in Roseville on Oct. 14.

Fred Greaves for CalMatters

Labor advocates are calling it "Striketober."

As weary health care workers across California enter the 19th month of the pandemic, thousands are walking off the job and onto the picket line, demanding more staffing.

The strikes and rallies threaten to cripple hospital operations that have been inundated by the COVID-19 Delta surge as well as patients seeking long-delayed care.

More than two dozen hospitals across the state — including some Kaiser Permanente and Sutter Health facilities and USC Keck Medicine — have experienced strikes by engineers, janitorial staff, respiratory therapists, nurses, midwives, physical therapists and technicians over the past four months.

This week, nearly a third of all California hospitals reported "critical staffing shortages" to the federal government, with more predicting shortages in the coming week. Hospitals are unable to meet the state's required staff-to-patient ratios for nurses or schedule adequate numbers of other critical personnel.

In the Central Valley, the region hit hardest by the Delta surge, National Guard medics have been deployed since September to assist area hospitals.

The reason for the shortages? Record patient volumes at the same time that many workers have been driven away from the bedside by burnout, early retirement and the seemingly unending stress of the pandemic.

SEIU-United Healthcare Workers West estimates that about 10 percent of its members — close to 10,000 people — have retired, left the profession, or taken extended leaves of absence during the pandemic.

"What's really important is that 10 percent doesn't turn into 15 percent, does not turn into 20 percent. There's not enough temporary staff out there to fix what's going on," said Dave Regan, president of SEIU-UHW.

The shortages are an untenable scenario, unions say — one that has persisted for many years brought to a boiling point by the pandemic.

Since the pandemic began, union grievances with hospitals are increasingly about inadequate staffing, although bargaining over pay remains a key issue.

Money matters when it comes to holding onto workers, they say, especially because temporary staff brought on for pandemic response often make more than regular employees. In some instances, traveling nurses have been paid $10,000 per week at California hospitals with severe staffing needs.

"You're paying exorbitant amounts for travelers while the existing workforce makes exactly the same amount (as before the pandemic)," Regan said.

Striking to "stop the bleeding"

Early in the pandemic, Gov. Gavin Newsom announced efforts to expand the health care workforce through a volunteer health corps. Although tens of thousands signed up, most people didn't have the necessary medical skills, and only 14 volunteers worked out.

The California Department of Public Health also signed a $500 million contract to help hospitals pay for emergency health care workers like traveling nurses. That contract expired in June.

Unions say those efforts are a Band-aid on a larger problem. Instead, they say policymakers should get hospitals to try harder to retain their current employees.

"Right now, hospitals, the health industry, the state of California, you need to do a lot more so that it doesn't get worse," Regan said. "We're doing very little as a state to support this workforce that has been under a really unique set of pressures."

In an early attempt to stop the churn, SEIU-UHW sponsored a bill that would have provided hazard pay retention bonuses to health workers. Opposed by the hospital association. the bill died after a third reading in the Assembly and did not make it to the Senate.

Assemblymember Al Muratsuchi, a Democrat from Torrance who introduced the bill, said the hospitals' claims that they couldn't afford hazard pay were unfounded since they received billions in federal pandemic funds, some "specifically earmarked for hazard pay and bonuses for frontline workers."

"The state made a decision that they were not going to provide financial incentives to recognize and retain healthcare workers, and we think that's shortsighted," Regan said.

Over the summer, hundreds of nurses at hospitals, including USC's Keck Medicine, San Francisco's Chinese Hospital and Riverside Community Hospital, staged strikes over inadequate staffing and safety concerns.

Now more than 700 hospital engineers employed by Kaiser Permanente facilities in Northern California have been striking for four weeks, demanding higher wages.

In Antioch, more than 350 workers at Sutter Delta ended a week-long strike over inadequate staffing Friday but have yet to reach a contract agreement with their employer.

In the Victor Valley and Roseville, hundreds of workers staged recent rallies and vigils to highlight what they're calling a "worker crisis." Advocates say their upcoming schedules are packed with pickets planned in solidarity with other unions.

And perhaps the strongest flexing of union muscle has come in Southern California, where members of the United Nurses Associations of California/Union of Health Care Professionals, or UNAC/UHCP, voted overwhelmingly to approve a strike against Kaiser Permanente if negotiations remain at a standstill. Should a strike materialize in the coming weeks, more than 24,000 members would walk out of the health care giant's medical centers and clinics in more than a dozen cities.

Although the dollars and cents of bargaining vary from union to union, the common thread is clear: They want employers to "stop the bleeding" of health care workers fleeing the profession and invest more in recruiting and retaining staff.

The union found 72 percent of its members — which includes nurses, occupational and physical therapists, midwives and other medical staff — were struggling with anxiety and burnout, and between 42 to 45 percent reported depression and insomnia. About 74 percent said staffing was a primary concern.

How hospitals are responding to shortages

Hospitals say it is not as easy as hiring more employees. With so many people leaving the workforce, there aren't enough candidates to fill the gap. Even support staff like janitors, cafeteria workers, clerks and assistants are in short supply.

"There is no question there is a shortage of health care workforce. We have far fewer people in the workforce today than we did when the pandemic started," said Jan Emerson-Shea, spokesperson for the California Hospital Association.

Many hospitals have offered employees shift bonuses, child care subsidies and temporary housing to keep them from spreading the virus to family members while keeping them at patients' bedside. But it hasn't been enough.

"I don't know that it's anybody's first choice, but we are in a situation where we have to rely on the travelers (traveling nurses)," Emerson-Shea said. "Hospitals would much rather have their permanent staff, but in this situation, with as long as it has been and the workforce dynamics so complex, we need both."

The state hospital association has asked state Health and Human Services Secretary Dr. Mark Ghaly to assist hospitals with workforce concerns in part by reinstating funding for traveling workers and making it easier for hospitals to get exemptions from the state's strict nurse-to-patient ratios. In a written response, Ghaly said the state would continue helping designated surge hospitals pay for extra staff and was working to expedite nursing ratio waivers

for heavily impacted regions.

"There's no resolution yet, but the conversations are occurring, which is important because we are not through the pandemic," Emerson-Shea said.

Like many industries, hospitals rely on historic averages to predict the need for employees. The average number of patients in a given time period determines how many employees will be scheduled each day. The problem, workers say, is that using the average means frequently they are working with minimal staff.

"There needs to be a massive paradigm shift of how hospitals treat clinicians, and that's less just-in-time staffing and less just-in-time supplies," said Gerard Brogan, director of nursing practice at the California Nurses Association and National Nurses United.

Peter Sidhu, a former intensive care nurse at the Kaiser Woodland Hills Medical Center, said the union has filed staffing grievances each year for the past seven years. During the pandemic, the strain has gotten worse. Woodland Hills Medical Center is one of the facilities that may be affected by a strike.

"Between the first surge and second surge, we had several months where there was zero planning. There were no new grad programs, there was no new hiring," Sidhu said.

"So going into that second surge, which was really bad here in California, we knew we were in trouble," Sidhu said. With adequate staffing prior to the pandemic and efforts to increase staff levels in between surges, workers would not have burned out so rapidly, he contends.

Bargaining over salaries and benefits between Kaiser and Alliance of Health Care Unions, which includes the Southern California group UNAC/UHCP, stalled at the end of September after five months. The strike authorization is the first of its kind for UNAC/UHCP in the past 26 years, and members say long-standing staffing issues and burnout contributed to employee dissatisfaction.

"The vote to authorize a strike by union members is disappointing, especially because our members and communities are continuing to face the challenges of the ongoing pandemic," Arlene Peasnall, Kaiser's senior vice president of human resources, said in a statement. "In the event of any kind of work stoppage, our facilities will be staffed by our physicians along with trained and experienced managers and contingency staff."

'Burnout can only be getting worse'

In a recent study by the UC San Francisco Health Workforce Research Center on Long-Term Care, the number of nurses aged 55 to 64 planning on quitting or retiring in the next two years jumped nearly 14 percent between 2018 and 2020, setting up the field for a five-year shortage.

Joanne Spetz, the center's associate director of research and lead study author, said new graduates before the pandemic sometimes struggled to find employment while employers frequently complained about not being able to find enough experienced nurses to hire. But the overall number of nurses in the workforce was enough then.

Now, with nurses reducing their hours or quitting, the state is in a more tenuous position. About 7 percent fewer nurses reported working full-time in 2020 compared to 2018, and sharp declines in employment were seen among nurses 55 years and older, according to the study.

"We're looking at having a shortage in the short term," she said. "The wild card is, with the pandemic lasting this long, burnout can only be getting worse. What if we have a bunch of 30 to 35 year-old nurses who say 'screw this,' then we're losing a lot of years of working life from these nurses."

Sidhu is one of those experienced nurses who found himself reeling from the dual forces of COVID-19's brutal emotional toll and short staffing.

He had volunteered to work with the first COVID-19 patient that arrived at his ICU in March 2020. That first patient quickly turned into dozens each day, with many dying.

"One day you walk in and your unit is full, and two days later you walk in and a large portion of those patients have passed away. You're double-stacking body bags," Sidhu said.

He struggled with anxiety, anger and insomnia before his shifts, knowing there would be more patients than nurses could care for, and that they would have no time for breaks. He said he was told that under the state's temporary emergency waiver of nurse-to-patient ratios he would have to take on more patients.

A year into the pandemic, Sidhu called it quits and now works as the union's treasurer. Of the eight members in his original ICU nursing team, only two remain working, he said.

"I'm 42, and I was planning on working at the bedside until I turn 60," Sidhu said. "And then after COVID, I said 'I am done.' I was super-done."

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— Kristen Hwang/CalMatters

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Deaths at Chemawa

Researchers publish a website detailing deaths at the Oregon school, including children from Humboldt

By Mary Annette Pember/
Indian Country Today
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Chemawa Indian School's Winowa Hall. *The Historic American Buildings Survey/Wikimedia Commons*



Charlie Feister, a citizen of the Klamath Tribes, was a runaway from Chemawa Indian School when he was shot dead in 1907 while trying to steal food from a store in Chemawa, Oregon.

A short article in the *Weekly Chemawa American* student newspaper describing the incident fails to mention that Charlie was 11 years old at the time of his death. Charlie and a friend were living in a little camp in the woods not far from the school.

We know these details today thanks to a combined 35 years of dogged work by SuAnn Reddick and Eva Guggemos who published the results of their research in a public website on Indigenous Peoples' Day.

The Deaths at Chemawa Indian School website contains the names, burial locations as well as notes about students who died at the school between 1880-1945. About 270 students, including some from Humboldt County, died while in custody at Chemawa; 175 are buried in the school cemetery. According to Reddick and Guggemos' research, the remains of approximately 40 students were returned home; the locations of at least 50 student's remains are unknown.

"We offer this site with the families and tribes of Chemawa students foremost in our hearts and minds. We hope to honor the memories of the students who endured the horrible system that Chemawa once embodied: a system that was designed to exterminate Native culture and which imposed untold trauma on generations of Native people," Reddick and Guggemos wrote in their introductory notes on the website.

Reddick, independent scholar, writer and Chemawa historian, and Guggemos, archivist and associate professor at Pacific University, gathered information for the website entirely from public records located in the National Archives and Records Administration, digital newspaper archives, county death certificates as well as data included in the Chemawa cemetery map. The site is hosted by Pacific University.

"This was simply a matter of organizing the information and making it available to people who are doing research," said Reddick.

The recent media stories of discoveries of children's graves at Canadian residential schools encouraged the women to make their research available to the public sooner than later. Although there is much more work that needs to be done, Reddick and Guggemos agreed that they needed to share the information with the public.

The time seemed right.

"Suddenly though the horrendous events in Canada, the work we've been doing all these years is relevant; the media was finally talking about boarding school cemeteries," Reddick said.

An overgrown, neglected cemetery

Reddick began the work in 1996 when she was hired to create a recreational ropes course at Chemawa to be used as part of the school's addiction therapeutic program. It was then that she noticed an overgrown area of the campus containing rows of identical metal plates engraved with names and dates marking the graves of children who died at the school. She soon learned that the cemetery was demolished sometime in the 1960s destroying many of the original wooden markers.

According to Reddick's conversations with two former employees of the school, Louis Belgarde and Charlie Holmes, local





Above: A view of the boys' dormitory in the Forest Grove Indian Training School, circa 1881, before the school was renamed Chemawa Indian School. Below: A posed photograph of Native boys at the Forest Grove Indian Training School performing carpentry skills, circa 1882, before the school was renamed Chemawa Indian School.
I.G. Davidson, courtesy of Pacific University

tribes were distraught over the demolition of the cemetery and demanded it be restored. Holmes, who taught shop at Chemawa, had his students create the metal plates bearing the names of the deceased children. With the help of school archives and a cemetery map, Holmes and Belgarde marked out the original grave locations as best they could and installed the new markers. Both Holmes and Belgarde have since died.

Standing in the cemetery, Reddick felt as though the children were telling her they wanted to be found; they wanted their names to be recognized and acknowledged.

"So, I began my research and it kind of snowballed; I became the official Chemawa historian," said Reddick.

She has done most of her work on a volunteer basis.

About 10 years ago, however, Reddick's research grew legs when Guggemos joined Pacific University. At the suggestion of student archives assistant Shawna Hotch who graduated from Chemawa, Guggemos grew interested in the history of the Forest Grove Indian Training School, which later was moved from Salem to Chemawa to become the Chemawa Indian School. Guggemos met Reddick and learned of her research; the women soon embarked on a collaboration.

What began as primarily an academic, intellectual project for Guggemos, a professional archivist, quickly grew personal.

"I have four children; it's hard to read these things about children that age dying and not reflect on what it would be like to have that happen to your own children," she says.

The knowledge that these deaths happened is not news to anyone in tribal

Continued on next page »

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NDD



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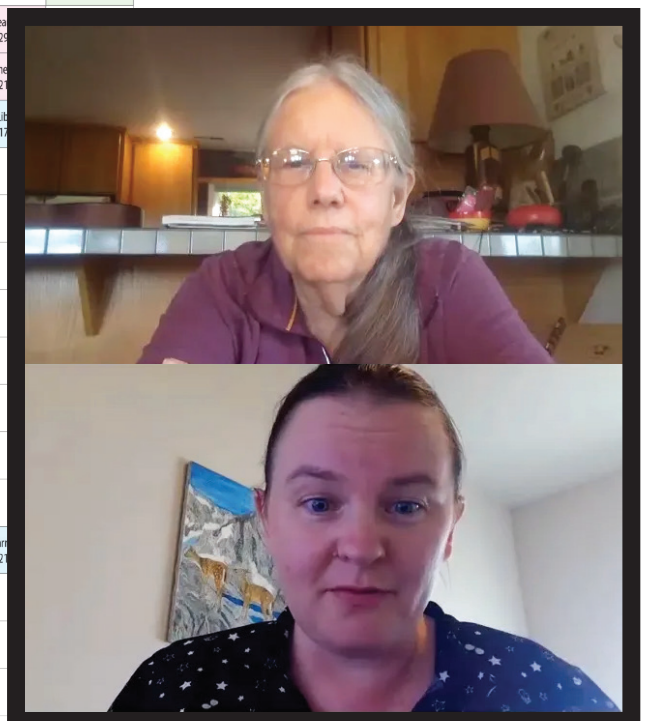
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Continued from previous page

PLOT MAP OF CHEMAWA CEMETERY

	A	B	C	D	E	F	G	H	I	J
1	Walters, Frank 1905-01-24								Cimino, Joseph 1923-08-31	Van Tassel, Mark 1914-08-03
2	Wiggins, Henry 1901-04-29	Baldwin, Ada 1898-09-03	Seymore, Lawrence 1890s?	Sutherland, Cora 1892-01-02	Woods, Moses 1892-02-02	Temple, Eddie 1899-01-12	Eaton, Wilford 1921-06-14	Pais, Mary 1928-01-13		Van Tassel, Charles 1913-04-26
3	Evans, Emily Mabel 1900-05-14	Frai, Nora 1888-07-15	Piute, Junior 1890-03-02	Underville, George 1892-01-02	Woods, Augustine 1892-01-15		Davis, Annie 1920-05-14	Hurley, Viella 1927-11-09	Archambea 1931-09-29	
4	Wilcox, George 1900-04-18	Thomas, Margaret 1888-05-15	Star, Philip 1886-12-28	Watson, Ida 1891-12-14			Johnson, Lena 1920-01-22	Zambesi, Vera 1927-08-09	Davis, Jame 1931-09-21	
5	Dow, Walter 1900-03-16	Freddie, Nettie 1892-01-22	Boone, Daniel 1889-01-04	Maxwell, Rose 1891-07-01		Wiggins, Maggie 1897-01-07	Johnson, Helen 1920-12-02	Brown, Johny 1927-05-23	Shelton, Lib 1926-08-17	
6	Ayalla, Bibia 1900-01-23	Santiago, Sophia 1888-04-14	Burwell, Walter 1887-09-02	Lachapelle, Isaac 1891-07-01			Churchill, George 1920-07-01	McNeil, Pauline 1927-04-14		
7	Cameron, Henry 1899-09-07	Howard, Frank Circa 1892-1899	Adams, Charlotte 1887-03-31	Charley, Mitchell 1891-06-23		Safford, Levi ("Lena") 1897-03-09	Lilijegren, Freda 1920-04-21	Dick, Bessie 1927-01-18		
8	Simonson, Jessie 1899-04-25	Price, Ellen 1888-04-07	Abraham, Ellen 1887-01-02	Ross, Lucy 1891-06-22			Davis, Victor 1918-12-19	Nystrum, Fred 1926-12-20		
9	Kuhn, Sara 1899-11-23	Rice, Frank 1888-02-28	Lowry, Charles 1886-07-05	Guthrie, Minnie 1890-11-22			Buchert, Mary 1918-11-02	Jackson, John 1925-03-29		
10	Mitchell, Arthur 1901-04-29	Adams, Angie 1888-12-30	Adams, Mincy (Sarah?) Maybe1885-01-30?	Flannery, Estelle 1890-10-07	Stokes, William 1892-12-20	Chesaw, Maggie 1895-04-10	Davis, Nancy 1918-11-12	Uttecht, Albert 1925-06-05		
11	Waydelick, Frances 1901-05-24	Berry, Hattie 1887-10-15	Jopps, Julia 1886-02-05	Billings, Raleigh 1890-04-20	Hosler, Daniel 1892-01-13	Shurtleff, Rosa 1895-05-08	Davis, Cecelia 1918-11-01	McCluskey, Harry 1925-06-04		
12	Riggs, Lucinda 1901-06-02	Dick, Jennie (dup.?)	George, James 1886-06-05	Phillips, Ebenezer 1909-07-09	Beckwith, William 1892-12-10	Wasson, Freddie 1895-05-14	Davis, Minnie 1918-10-30	McCluskey, William 1925-05-09		
13	Dow, Della 1901-06-19	Dow, Lily 1903-07-20	Walton, Charley 1909-03-21	Joe, Jimmy 1909-07-01	Perkins 1891-03-01	Sisk, David 1895-11-05	Wilson, Raymond 1918-10-27	Lavadure, Dan 1925-03-21		
14	McFarland, Charles 1901-07-18	Wilson?, Lucinda 1904-05-01	Smith, Sara 1906-11-24	Durkee, Sadie 1909-07-17	Sanders, Walter E. 1922-03-30	Charles, George (dup.?)	Marks, Alex 1918-10-25	Wells, Charlie 1925-03-12	Ashils, Warr 1925-06-21	
15	Brown, Elijah 1901-08-28	Farrows, Leslie 1905-01-12	Sanderson, Nellie 1907-01-11	Bettles, Andrew 1909-09-08	Sanders, Annie 1911-09-29		Hostler, Gertrude 1918-10-20	Rukivishkoff, Andrey 1924-10-25		
16	Logan, George 1902-04-05	Jones, Viola M. 1905-01-13	Scott, Louis 1907-02-14	Bardwell, Charles 1909-09-20	Pattee, Arthur 1899-01-10		Bennett, Lucy 1918-10-25	Shaughnessy, Fred 1924-12-23		
17	Baldwin, Edna 1902-05-14	Nappo, Tillie 1905-02-24	Burt, Elmer 1907-03-24	Woods, Ellen 1909-11-16	Pattee, John P. 1900-08-13	Mitchell, Elmer 1903-02-24	Murphy, Mary 1918-10-28	Snyder, Florence 1924-02-21		
18	Koepp, Charles 1902-05-24	Newton, Louisa 1905-03-09	Burt, Walter 1907-04-02	Godowa, Milton 1909-12-08	Ketchikoff, John 1912-02-25	Field, Edward 1916-07-16	Howard, Dulcie 1919-03-28	Polty, Abraham Teludah 1924-02-03		
19	Romer, Matilda 1902-07-11	Van Pelt, Seth 1905-06-15	Feister, Charlie 1907-04-22	Bagnell, Andrew J. 1910-10-23	Poyne, Nellie 1913-05-08		Bearchief, Joseph 1918-10-31	Francis, Martha 1924-01-26		



SuAnn Reddick and Eva Guggemos discuss their research in creating the Deaths at Chemawa Indian School archive via Zoom. *Photo by Mary Annette Pember*

	A	B	C	D	E	F	G
1	Name (as spelled on School Roster)	Alternate Names	Death Date	Enroll Date	Burial Location	Reported Cause of Death	Sources & Notes
2	Lot, Martha	Lott, Mattie	1881-10-16	1881-07-09	Forest View Cem., Lot 215, Grave 10.	"Sore" that "went to her head"	1. "When I got back to my own home today, I found the dear little child, I had so much, your own dear little Mattie was dead! [...] I can help your hearts a lit my wife when she found that Mattie was very sick brought her into our own h neighbors [the Walkers] came in and all have tried the best they could to save doctors [*in a later letter, he corrects this to 'two doctors'] and they all did all sore on her side healed up and stopped running it went to her head and that death. So the doctors all say, and when you and your people feel so sorry in y dying, you will not forget that the poor little girl has been suffering a long tim has now caused her death and when the disease went to her head she could at the last, crossed her pretty little hands over her breast and went to sleep in details in the letter. M.C. Wilkinson. Letter to Chief Lot (Martha's father), Octo NARA Seattle. -- 2. Mary Richardson Walker. Diaries. October 11-18, 1881. Wa Pacific University Archives. -- 3. The first student death at Forest Grove Indian -- 4. Records for Grave Lot 215 within the handwritten register of cemetery lo Cemetery (Forest Grove); held by the cemetery, with copies at the Friends of Plot map: https://heritage.lib.pacificu.edu/s/deaths-chemawa/item/127086
3	Skitus, William	Skitus, Billy	1883-03-01	1880-07-13	Remains probably returned home to Warm Springs; see notes.	Unknown	1. "The Indian boy was buried, Billy Skitus. He used to help me wash last fall." Walker. Diaries. March 16, 1883. Walker Family Papers. Pacific University Arch Superintendent Minthorn Letter to Commissioner of Indian Affairs Hiram Pric Copies of Letters Sent, 1881-1912, Chemawa Records, NARA, Seattle. This lett to pay for disinterring and moving the bodies of two Warm Springs students b
4	Victor, Hugh		1883-03-08	1881-10-177	Forest View Cem., Lot 215, Grave 4. Unmarked.	"Sick for a long time"	1. In his diary, S.A.T. Walker says that "Hugh Victor," an Indian boy who had be time," died on 3/8/1883. This refers to the student who is only recorded unde the School Roster. See: Samuel A. T. Walker. Diaries. March 9, 1883. Pacific Un Ledger entries related to his funeral, dated March 9, 1883, Cash Book, 1879-1 Records, 1879-1961; Records of the Chemawa Indian School; Bureau of Indian 75; National Archives and Records Administration (Seattle). -- 3. Records for G the handwritten register of cemetery lots of Forest View Cemetery (Forest Gr cemetery, with copies at the Friends of Historic Forest Grove. https://heritage.lib.pacificu.edu/s/deaths-chemawa/item/127086
5	Jack, Lila	Jack, Lillian	1883-05-18	1881-07-12	Remains probably returned home to Warm Springs.	Unknown	1. School roster. -- 2. "The funeral of an Indian girl at the I.T. School" was recor on 5/19/1883. Mary Richardson Walker. Diaries. May 19, 1883. Walker Family University Archives. -- 3. Superintendent Minthorn Letter to Commissioner of Price, April 8, 1884. Press Copies of Letters Sent, 1881-1912, Chemawa Record letter asks for permission to pay for disinterring and moving the bodies of two students back to their home.
6	Abrahams, Winnie		1883-06-28	1881-10-17	Remains probably returned home to Umatilla. See Notes.	Tuberculosis (Lung Hemorrhage)	Winnie was being escorted home from the school when she died, and becaus likely buried near her home at Umatilla. Sources: 1. Mary Richardson Walker. Walker Family Papers. Pacific University Archives. -- 2. Letter regarding financi her burial, presumably in Umatilla: Teller, H.M. (Secretary of the Interior). Lett Commissioner of Indian Affairs. July 17, 1883. In: Letters sent by the Indian Di the Secretary of the Interior, 1849-1903. National Archives. Microfilm series M
7	Winum, Emma	Winnum, Emma	1883-12-20	1881-10-17	Remains probably brought home to Umatilla; see notes.	Tuberculosis	1. An account of her death: Wilkinson, M. C. "The Story of an Indian Girl." The (April 12, 1884): 228-229. -- 2. The physician reported that two students had during the fiscal year that ran from July 1883 through June 1884, both of tube "Physician's Report," within the "Report of Forest Grove School." Annual Repo Commissioner of Indian Affairs to the Secretary of the Interior (GPO: 1884), p. records relating to her funeral: Henry Minthorn. Ledger entries under the wen December 22, 1883. In: Cash Book, 1879-1883; Financial Records; Records of School; Bureau of Indian Affairs, Record Group 75; National Archives and Reco (Seattle). -- 4. Superintendent Minthorn was questioned over her funeral exp bought velvet for the coffin: "I had considered this expenditure very reasonab child was almost grown and both of her parents were at the funeral having co with her during her sickness and the family was a very influential one." Henry Hiram Price, Commissioner of Indian Affairs, August 7, 1884. RG 75, NARA Sea roster.
8	James, Eunice Madge		1884-06-23	1881-07-09	Forest Grove or home? Unconfirmed.	Tuberculosis ("Consumption")	1. School roster. -- 2. "A little Indian girl died at Indian School. She was a Spok Walker. Diaries. June 23, 1884. Walker Family Papers. Pacific University Archiv James" is said to have died on December 2, 1883 in the "Vital Statistics" recor School, but that date appears to be either a transcription error or to have bee death of Emma Winum (Dec. 20, 1883).
9	Lyle, Abelia		1885-01-15	1884-08-13	Remains returned home,	Tuberculosis (Scrofula)	1. "Sanitary record of sick, wounded, births, deaths, etc. at Indian Training Sch

Reddick and Guggemos' spreadsheet detailing the burial locations and causes of death for students buried at Chemawa Indian School.

Who they were and how they died

Most of the children buried at Chemawa were from Alaska, Washington and Oregon, in that order. Some were also from California, including Humboldt and Del Norte counties, Idaho and the Plains states.

The researchers note that the database includes the students' tribe as reported in Chemawa records but notes that "the school's interpretation of a student's tribe may not always match with how a student would have self-identified."

Many children died during the Spanish flu epidemic; tuberculosis, however, was the primary cause of death. Several children, like Charlie, died trying to escape; many drowned trying to swim across rivers only to be brought back to the school for burial. Others died under suspicious circumstances, including young Liberty Shelton from Hoopa.

Like Charlie, Liberty was 11 years old when he died after a fall from the third story of the boys' dormitory on Aug. 17, 1926, shortly after being taken from his home in Hoopa and sent to Chemawa. A local newspaper that reported on his death wrote that school officials said "the boy was subject to walking in his sleep and probably stepped out of the open window."

Liberty was supposed be sent back home for burial, according to the article, but instead he was interned in the school's now demolished cemetery. With him is Nellie Sanderson, who died nearly two decades earlier of what is only described as "a lingering illness." A mere 7 years old, she was from Arcata, according to the Chemawa archive. An article in the school newspaper marking her death describes her as a "bright dear little girl."

Typhoid, pneumonia, influenza and the Spanish Flu took others, including Gertrude Hostler and Adeline Quimby, who died two days apart in October of 1918. Three children also from Hoopa — Walter Dow, Della Dow and Lilly Dow — died in quick succession over the course of three years. First was Walter, 9, of influenza in March of 1900 followed by Lily, 7, of typhoid in June of 1901 and Della, 10, of pneumonia in July of 1903.

"It's hard to image what these children and their families must have went through. The best we can do to honor them today is to fiercely protect and support the children we have now," Hoopa Tribal Chair Joe Davis said. "By honoring and acknowledging those we have lost in this way, we can help ensure that these types of atrocities do not happen again. Our prayers are with all those who have been lost and their families. While we must never forget, we also must not give up hope for being healed."

Hoopa Valley High School teacher and ceremonial leader Melodi George-Moore told the *Two Rivers Tribune* that she remembers stories about elders who hid their children from the forced school system to avoid the atrocities so many children experienced during the boarding school era. Just a generation or two removed, she said the trauma remains.

"We're unpacking the trauma of our ancestors — the survivors. And we are survivors," she told the paper. "This true history hasn't been talked about in textbooks. Part of colonization is erasure of true history. There are a lot of people who never get to deal with that trauma and those emotions. There's a cycle of grief and a way we process grief. Our bodies remember the trauma. We are tired of carrying around that burden. We need to unpack the trauma, speak the truth about our history, witness that history become acknowledged, and pray in order to truly heal."

Addressing the California State Parks Commission last month before it voted to restore the name Sue-meg to the state park north of Trinidad, Yurok Tribal Heritage Preservation Officer Rosie Clayburn choked up as she related how the types of intergenerational traumas inflicted by



A portrait of Josephine, Christina and Joseph Allard, three students who were members of the Snohomish Tribe and attended Chemawa Indian School in Salem, Oregon, circa 1889.

Myra E. Sperry, courtesy of Pacific University

boarding schools are not long in the past. She said she's had the opportunity to talk with Yurok elders who were among those taken from their homes and sent to boarding schools, saying the scars of what they endured — including the beatings received for speaking their native language — are still evident.

"And those folks, when they would start to speak Yurok again, it was hard for them," she said. "They would break down and cry."

As far as creating a memorial or repatriation, Reddick and Guggemos agree that tribes should make these decisions. "I imagine it will involve a lot of internal discussion on their parts," Reddick said.

Freddie Lane, a citizen of the Lummi Nation, attended Chemawa in the 1980s; he expressed disappointment that students were not taught the history of the school.

"We heard from our parents and grandparents about atrocities that happened there," Lane says.

Lane believes that authorities chose to demolish the cemetery back in the 1960s because they wanted to erase the school's troubling past.

"The good work by Eva and SuAnn is bringing us hope in preserving this history," Lane says.

On Indigenous Peoples' Day, Lane and others gathered at Chemawa cemetery. "We wanted those children buried there to know we haven't forgotten them; we are working towards healing," Lane says.

The women's decision to go public with their research now was driven by a desire to give people some amount of hope.

"This work is hard but it can be done. This is not an impossible task," Reddick said.

Reddick and Guggemos hope to share what they've learned with others, the methods, strategies and resources that worked best for them. They want to publish articles and perhaps conduct workshops for those who are interested.

"Beyond the specific information about Chemawa, the most important thing about this research is showing that these names, the children can be found," says Reddick. ●

Journal digital editor Kimberly Wear contributed to this report. A version of this story was first published by Indian Country Today.




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Cooking While Traveling

Fall cabbage and squash

By Simona Carini
onthetable@northcoastjournal.com



Squash, cabbage, pears and cheese recall flavors of the Alps.
Photo by Simona Carini

I love summer in Humboldt County for a number of reasons, including the amazing produce our farmers bring to the markets and the fog that keeps us cool ("Get Out into the Fog," Aug. 26). Hence, I usually enjoy my favorite season in my favorite place. This year, however, after almost two years of not visiting my native country and my family, I traveled to Italy in late August.

As a result, I missed a month of tomatoes, sweet peppers, melons, figs, peaches, pluots and sweet corn at the farmers markets. I missed riding my bicycle on the Avenue of the Giants on Sunday morning and stopping at the farm stands there at the end of the ride ("A Bicycle Ride Among the Giants," Sept. 10, 2020). And no amount of catching up since I returned can give me back what I missed. On the other hand, I enjoyed shopping for food and cooking in Italy and Switzerland. While there, I implemented my usual approach: I looked for local products, searched for ways to buy what was in season directly from producers, then got creative in the kitchen with what I purchased.

In Val Venosta, an alpine valley on the western side of South Tyrol (Alto Adige), near the Swiss and Austrian border, surrounded by acres of apple orchards laden with almost ripe fruit, we ate pears from the new crop, freshly harvested cabbage, lots of mountain-grown strawberries and my first zucca (winter squash) of the season.

The internet helped me to find places to visit, like farms that sell directly to customers, but keeping my eyes open helped. For example, in Prato allo Stelvio, the town in Val Venosta where we stayed, knowing some German helped me realize that what looked like a house was also a farm stand twice a week. There, I purchased homemade flatbread, cabbage and their formaggio di malga.

In the days we spent in the Alps, we tasted various types of formaggio di malga, cheese made during the summer months, when cows, sheep and goats graze on rich, high-altitude pastures. Not all the cheese I bought was excellent, but a cheese that's only so-so on the plate may still perform well once melted, so I experimented with adding cheese to cooked vegetables just before serving.

We bought pears and apples from a farm stand, a trailer parked along the path that brings cyclists among the apple orchards, through old towns and the Stelvio National Park, away from the busy highways. The self-service stand also offered fresh apple juice, and dried apple and pear slices.

My husband loved the pears, which inspired me to add the fruit to cabbage. The first winter squash seemed like a nice addition, so the recipe I am sharing here was born. When I got back home to Humboldt, all the ingredients were waiting for me at the first farmers market I visited, so I have continued making it. When I taste it, it brings back sweet alpine memories.

Cabbage with Winter Squash, Pear and Cheese

Choose varying types of squash, pears and cheese for a dish that tastes slightly different every time.
Serves 5-6.

Ingredients:

8 ounces winter squash, like honeynut, butternut or delicata
3 tablespoons extra-virgin olive oil
6 ounces red onion, diced small
1 pound green cabbage
4 garlic cloves, peeled and minced
½ teaspoon harissa spice mix
¼ cup lukewarm water
4 ounces firm, thin-skinned pear or Asian pear
¾ -1 teaspoon fine sea salt, to taste
1 ounce freshly grated cheese of choice

Remove seeds and strings from the squash (a grapefruit spoon is my favorite tool for this). Use a sturdy swivel vegetable peeler to peel the squash, then cut it into cubes no larger than ½ inch.

Warm the olive oil in a 10-inch deep sauté pan or large skillet on medium heat. Turn the heat down to medium-low, add the onion, stir well and cook for 2 minutes. Add the squash, stir well and cook for another 2 minutes. Cover the pan and cook on low heat for 10 minutes, stirring often.

In the meantime, quarter and core the cabbage. Slice each quarter into ¼-inch-thick ribbons.

Add the garlic to the pan, sprinkle the harissa on the vegetables and stir well. After 1 minute, add the cabbage and the water, stir slightly (this will be a bit awkward, given the volume of the raw cabbage) and cover. Cook over low heat until the cabbage is almost ready (18-20 minutes), stirring often.

In the meantime, quarter, core and dice the pear.

Add the pear to the cabbage and stir well. Cover and continue cooking for 4-5 minutes, stirring often. The cabbage and squash will be tender, the pear slightly crisp.

Sprinkle ¾ teaspoon of salt, stir, taste and add more salt if needed. Remove the pan from the heat.

Distribute the cheese over the vegetables and cover the pan again for a couple minutes to let the cheese soften. Serve immediately.

●

Simona Carini (she/her) also writes about her adventures in the kitchen on her blog www.pulcetta.com and shares photographs on Instagram @simonacarini. She particularly likes to create still lives with produce from the farmers market.

Nobody Wants to Hench Anymore

By Jennifer Fumiko Cahill
jennifer@northcoastjournal.com



Shutterstock

Like a lot of business owners, the pandemic forced me to put projects on hold. People weren't traveling to the kinds of international tourist attractions I typically obliterate with a giant laser and they weren't going to fancy galas I could flood with mind-control gas. If I'd seen the toilet paper hoarding coming, I could have done something with that. But instead I had to lay all my henchmen off. For a while, it was just me and my wordless, 8-foot-tall bodyguard Udo rattling around the old volcano hideout.

When places started to reopen, I was thrilled to get cracking. But six months later, I'm still spinning in my giant chair with nobody to carry out my catastrophic schemes for world domination. Because nobody wants to work anymore.

I'm over here feeding my own moat of alligators. The piranhas all have ic. Do you have any idea what it takes to maintain a saltwater shark tank? This is the worst kind of disaster — the kind I didn't trigger myself with tectonic plate bombs.

Used to be, you handed somebody a jumpsuit, paid them whatever was left from your satellite death ray budget and called it good. What do henchmen need money for, anyway? Sprucing up their cots? Flavored creamer in the break room? If I paid them a living wage, what motivation would they have to pull themselves up by their military surplus bootstraps? Previously, I'd have suggested letting supply and demand for labor work itself out in the free market. But that was when I still had the staff to control said market with a well-timed seizure of all the world's gold.

I know what you're thinking. Some 700,000 people have died of this virus in the U.S. alone. And you're right — nobody has been hurt more than me.

I tend to lose upward of 75 percent of my staff on every project, whether to explosions, damaged submarine pods, space station crashes or errant poison darts. A lot of dart deaths, actually. Still, I could always fill the benches with dudes who were sick of working on Bezos' rocket.

But now they're just lazy and I'm posting jobs on Craigslist like a chump. And if anybody answers the ad, I'll likely have to train them to do everything: arm nuclear warheads, fly a helicopter, bite through rebar, behead someone with a bowler hat. What are they even teaching these kids, anyway?

And they'll want healthcare, which nobody had asked about since Udo launched that one guy into our lava pit. But now if they're, say, shot with a spear gun, they expect to be stitched up instead of rolled overboard to chum the waters. Now they want 401ks. Like they're going to live to see retirement.

Supposedly some have kids to take care of and now they're asking if they can detonate remotely. Surely they can just hire stone-faced nannies with vague European accents to tutor them and conceal their escalating acts of violence like my parents did until their tragic ski lift accident. It was good enough for me. I'm not buying that excuse.

Henchman work in a pandemic isn't even that dangerous. Most of the members of the public they interact with have bags over their heads before they're tossed in the van and I monologue from at least 6 feet away. They're only in close quarters while jogging around my sprawling network of tunnels or crouching in the belly of the mechanical whale I'm using to approach Australia. Crap. Forget that last part, OK?

And get this: This virus has an actual safe, tested vaccine. I busted my ass coming up with that brain melting pollen like a decade ago and had to scrap the whole thing because MI6 stole the antidote. To think I could have returned a couple of Tucker Carlson's calls and people would have refused the cure. Who knew? I must still have a vial or two somewhere.

People used to take pride in henching. Did the countless anonymous dudes who died falling from scaffolds, cranes and speeding trains do it for the money? Did they complain when I disintegrated coworkers who failed me? No. They toiled as pawns in my twisted game for low wages and almost certain death. Generations of henching families proudly joined my team with minimal hope of advancement or survival. (I assume they were related since they all kind of looked the same.)

Now all of a sudden it's a terrible job and I'm the bad guy. But, like, metaphorically this time. What about Santa and his elves? When he lords over his uniformed minions in a remote hideaway, it's *adorable*. Everyone's putting elves on shelves. When I do the same, it's "exploitation." It's not like people were such big fans of henchmen before the pandemic. I don't see anybody putting a hench on a bench.

It's just poor work ethic. All it took was a few months off and some unemployment checks to get them whining about the downside of a career building my evil empire. Honestly, they don't even deserve that "Heroes work here" banner I had Udo hang.

All I'm asking for is a few hundred expendable souls to fistfight on my behalf even as the final seconds of the self-destruct countdown echo overhead and the very walls crumble around them. But the global pandemic has spoiled them.

Come along, Udo. That whale isn't going to weld itself.

●

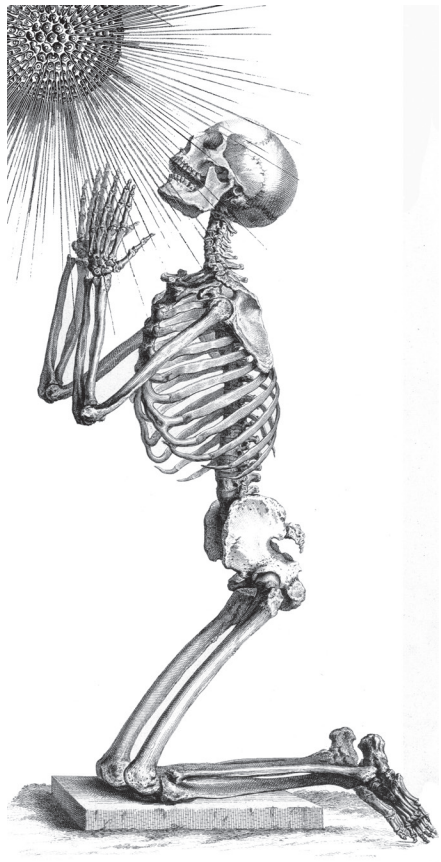
Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. *Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.*

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To the victors, the view of Humboldt Redwoods State Park from atop Grasshopper Peak, some 3,379 feet above sea level.
Photo by Hollie Ernest

Sea To Summit: Grasshopper Peak

By Hollie Ernest
getout@northcoastjournal.com

The general consensus among most cyclists is that once you ride Grasshopper Peak in Humboldt Redwoods State Park, you can check it off your bucket list and not repeat it. But that's not how it went for me. Earlier in the summer I had joined some friends to climb 10,000 feet in one day, which included one ascent of Grasshopper Peak (3,379 feet), followed by two different routes up to Thornton Ridge to the north. It was a fun, hard day of riding. We hugged giant Douglas firs and had a lot of laughs.

Weeks later, it was time to complete the official Sea to Summit challenge for Grasshopper, since my previous ascent hadn't started at the ocean. Back-to-back epic rides are generally unwise but my riding buddy could only do it on Monday, two days after the humbling grind up Salmon Mountain. My body felt like a weighted anchor in the mud of Humboldt Bay at low tide. I have this problem where I often feel if I don't do something now, it's never going to happen. Which is sometimes ridiculous, but sometimes true, and oftentimes leads to a good story.

This time I recruited Natalie, a trusted riding partner of mine for years, who somehow still remains mysterious. With her backpack on, she will pedal for dozens of miles in any terrain, in any weather, with very little water and food. When she gets to the top of whatever mountain you're climbing, just when you think your pack is too heavy from snacks and tools, she'll crack open a beer she's been carrying for who knows how long. When it's just the two of us, we chat easily. But introduce one or two more people and black-haired, bird-watching Natalie might not say a single word on a multi-day trip. I used to be unsure if she even liked me but now count her as a true friend. No matter how long or difficult the ride, I know she'll always be game.

I sent Natalie the GPS route the night before and we discussed which bikes to bring. The path up Grasshopper is notoriously steep but the rest of the ride was on pavement with rolling hills. I decided to bring my touring bike which has easy gears for the uphill. When we met up at the Ferndale fairgrounds, Natalie stood next to her road bike and asked, "So where are we going again?" Only she would ask this at 9 a.m. before a 98-mile ride on a Monday. We went over the map again and set off.

First we pedaled to Centerville Beach through thick, slate-colored fog and headwinds, then up and over the Three Sisters hills toward Rio Dell. A brief jog on U.S. Highway 101 took us past Scotia before we exited with several tourists for the cool shadows of the Avenue of the Giants. I will never get tired of pedaling through these ancient redwoods and if you never have, you should. In the baritone words of my great and late grandfather Hal, "I'm not telling you what to do, I'm just encouraging you in a positive direction." So go pedal it. You can start in Weott and just do a section. I guarantee you'll see the place where we live a little differently after pedaling among these behemoths. Biking is the perfect pace to experience a place: fast enough to cover some ground, but slow enough to smell, touch and feel your surroundings.

We turned right on Mattole Road at the Eel River Bridge, weaved through more big trees and finally started the steep ascent up Grasshopper Mountain. It got hot and the unforgiving gradient reached 30 percent in some spots. It's one of those climbs you count down in one-tenth of a mile increments until you reach the top at mile 6.66. We suffered, which is really saying something for the relentless, never-complaining Natalie. My legs turned over slowly and methodically, like a well-trained horse going around the corral in the same circles until he keels over.

As I splashed water from a horse trough on my pulsing head for relief from the intense heat, I reflected on how we had unwisely passed up the blackberry popsicle stand on the Avenue. I counted the hours until we would be back there to buy one. The climb took more than two hours and when we got to the top, we were rewarded with 360-degree views of the surrounding ridges, peaks and scars from past fires. It was almost worth the climb for those views. We were proud of ourselves and stayed up there talking and snacking for a bit.

For the return trip, we retraced our steps. The loose gravel and steep downhill made controlling the bike difficult, and we were relieved when we reached the bottom. We took a quick dip in the Eel River, its mossiness deterring us only for a moment. We felt refreshed, like we were living a proper summer day, but by the time we got to Flood Plain Produce farm on the Avenue, the popsicle stand was closed. We stopped in Scotia and ate Reese's peanut butter cups and drank cold maté as consolation.

We pedaled over the Three Sisters Hills, in the sunshine again. The fog enveloped us again in the Ferndale Bottoms, which somehow was the hardest part of the ride. The cold fog, headwind and saddle sores made us feel like we were riding in place for the last 8 miles.

After 98 miles, 9.5 hours of riding, and 7,000 feet of climbing, you'd think we'd bundle up and drive home. Instead we bought two tall boys of IPA and sat in the parking lot with big smiles, talking about our next ride and everything else in life until it got dark. That's when we remembered: "Shoot! We'd better go home because it's Monday and we have work tomorrow!"

●

Hollie Ernest (she/her) is a botanist and forestry technician on hiatus from an international bike tour. She is writing a book about her travels, gardening and exploring the corners of Northern California. Follow her on Instagram @Hollie_holly

Big Storms to Kick Off Coastal King Season

By Kenny Priest
fishing@northcoastjournal.com



Brooking resident Michael McGahan landed this bright Chetco River king salmon last December. With rain in the forecast, the Smith and Chetco should both be full of late fall-run kings.

Photo courtesy of Wild Rivers Fishing

The season's first big storms are bearing down on the North Coast and they look formidable. And that means fresh-from-the-salt king salmon — big and bright — will make their way up all of our coastal rivers starting this weekend. If you see a steady stream of drift boats heading north on U.S. Highway 101, this is the reason. Following a steep rise Friday, the Smith and Chetco rivers should be fishable on Saturday, but both will probably be a little dirty. Both rivers should have fresh kings moving through. Expect plenty of debris and leaves, as well.

As of Tuesday, the Smith is predicted to peak at just over 6,300 cubic feet per second on the Jed Smith gauge Friday afternoon. The river will be on the drop through Saturday before it begins to rise again early Sunday morning. The Chetco flows should mirror the Smith somewhat. Following a steep rise Friday, it will drop slightly Saturday before rising again Sunday. As the rain ramps up Monday, it will likely be blown out through most of next week.

According to Jonathan Garner of Eureka's National Weather Service, the North Coast will see three wet systems move through the area beginning Tuesday. "For the 24-hour period beginning Tuesday, we could see up to an inch of rain from the Smith basin to the Eel," he said. "The next system will arrive Thursday evening and linger through Friday morning. This could bring up to 2 inches. More rain is in the forecast Saturday through Monday, when we could see between 3 to 5 additional inches, with higher amounts falling in the mountains."

As of Tuesday, all North Coast rivers are subject to low-flow fishing closures. The Smith, Eel, Mad and Van Duzen rivers, as well as Redwood Creek, were closed to angling. All are expected to rise this weekend to levels that will allow angling but don't expect green water on rivers other than the Smith. Be sure and call the low-flow closure hotline at 822-3164 to determine if the river is open prior to fishing. Califrornia Department of Fish and Wildlife will announce whether rivers will be open by a telephone recorded message each Monday, Wednesday and Friday. Rivers will not automatically open to fishing once minimum flows are reached.

Mad River

Predicted to peak at 1,385 cfs Friday evening. Minimum flows are 200 cfs to lift angling restrictions.

Main Eel

Forecast to reach 2,430 cfs early Sunday morning. Minimum flows are 350 cfs to lift angling restrictions.

Van Duzen

Predicted to peak at 1,390 cfs Friday evening. Minimum flows are 150 cfs to lift angling restrictions.

South Fork Eel

Flows are predicted to peak at 1,660 cfs early Saturday morning. Minimum flows are 340 cfs to lift angling restrictions.

Smith

The Smith is likely to see heavy boat traffic this weekend. If the predictions hold, it should open sometime Friday morning. It's forecast for a steep rise all day but should drop into fishable shape by Saturday. It could be a little dirty and leafy, but fish should be coming. Minimum flows are 600 cfs to lift angling restrictions.

Chetco

Anglers are anxious to see how high the Chetco will get from this week's rain, reports Andy Martin of Wild Rivers Fishing. "The river could be fishable for drift boats on Friday, and then likely will blow out," he said. "Expect muddy conditions over the weekend. Low-flow gear restrictions are in effect, but bobber fishing is allowed. CDFW will make a decision about the gear restriction, which makes back-bouncing or drift fishing off limits, after the weekend storm. The restriction is in effect to prevent snagging or flossing salmon during low water. Salmon are spread throughout the river with bigger numbers near the head of tide. Estuary trolling has been slow except for Sunday, when boats had multiple fish. Flows of 2,000 to 3,000 cfs are ideal on the Chetco. Flows Monday were 125 cfs but are expected to jump to 5,000 cfs by Sunday."

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Read the complete fishing report at www.northcoastjournal.com.

Kenny Priest (he/him) operates Fishing the North Coast, a fishing guide service out of Humboldt specializing in salmon and steelhead. Find it on Facebook, Instagram, YouTube and www.fishingthenorthcoast.com. For up-to-date fishing reports and North Coast river information, email kenny@fishingthenorthcoast.com.



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Calendar Oct. 21 – 28, 2021



Submitted

Scary clowns? Check. Emotional support demon? Check. Dark comedy? Check. Check. Check ... the basement. It's time for **Dell'Arte's Virtual Macabre Cabaret**. **Saturday, Oct. 23** at **8 p.m.** ($20 suggested donation, other donation packages available). This year, the thing's gone virtual, so sit the kiddies in front of *Scooby Doo* in the next room, grab a bowl of candy corn and settle in for an evening of spooky chills and thrills for adults. Madam Satan and her emotional support demon Belpho host the livestream that features Dell'Arte alumni from around the globe who have prepared "weird and wild pieces" for the event's lineup. Plus lots more devilish fun. Head to www.dellarte.com/product/virtual-macabre-cabaret-2021 to get tickets.



Youtube

See Sugar Bear standing tall, alive and regal before the 84-foot tall fir makes the honorable sacrifice of serving as the People's Tree for the 2021 holiday season. Watch the **U.S. Capitol Christmas Tree Harvest Ceremony, Sunday, Oct. 24** at **10 a.m.** online at the Six Rivers National Forest Facebook page (free). The virtual ceremony will include a blessing by the Lassic Band of Wylacki-Wintoon Family Group Inc., remarks by USDA Forest Service leadership, local elected officials, project partners and the local youth tree lighter, Michael Mavris, a fifth-grade student from Mary Peacock Elementary in Crescent City. Watch it live at www.facebook.com/SixRiversNF. Thank you for your service, SB.



Arcata Bay String Quartet

The hills and stairs of HSU are alive with the sound of music once again. Enjoy live music at the **HSU Faculty Artist Series Concert** on **Saturday, Oct. 23** at **7 p.m.** at **Fulkerson Recital Hall** ($15, $5 kids 12-18, $5 HSU students with ID, $7 livestream). The Arcata Bay String Quartet joins forces with pianist Daniela Mineva for jazz and folk-inspired works. If you're not ready yet for an indoor concert, there is a livestream available. Proof of vaccination is required. More and tickets at info at www.music.humboldt.edu/upcoming.

Heads up, folks: Due to the increase in COVID-19 cases in the area, many events are in flux. Please check our online calendar for event changes and contact information before heading out. We'll do our best to update the rapidly changing info. At press time, these events are still on. Please remember the county mandatory masking ordinance is in place and mask up for yourself and your neighbors.

21 Thursday

SPOKEN WORD

Speed and Grace Poetry Workshops. 6-8 p.m. Virtual World, Online. Word Humboldt offers this series of online poetry writing workshops connected with the PBS documentary series *Muhammad Ali*. Register online. Free. www.KEET.org/ali.

The Writers Lounge via Zoom. 7:30 p.m. Virtual World, Online. A writing workshop geared toward stand-up and comedy. Zoom Room: 857 4217 6054. Password: writers. Join Zoom Meeting www.us02web.zoom.us/j/85742176054?pwd=dWp4UGVqaUVYQ0wzekVnZ-kZ0VlMzZz09.

EVENTS

EPIC's Virtual Silent Auction. Noon. Virtual World, Online. Bid on local getaways, arts and crafts, spirits and treats before the holidays. Bids will be accepted from noon Oct. 15 until noon on Nov. 5. All funds go to forest protection. epic@wildcalifornia.org. www.32auctions.com/EPICAUCTION2021. 822-7711.

Fire Relief Donation Drive. 2-5 p.m. Arcata Veterans Hall, 1425 J St. Updated list of needs and a monetary donation site online. legionprograms@gmail.com. www.battlenhomefronts.org. 610-6619.

Redwood Coast Region Economic Development Summit. Virtual World, Online. Join business owners, economic development professionals and emerging leaders throughout Del Norte, Humboldt and Mendocino counties for conversations on cultivating a thriving economy in the Redwood Coast Region. Register online. $75. www.page-builder.hopin.com/events.

FOR KIDS

MARZ Project. Noon-5 p.m. Virtual World, Online. Humboldt and Del Norte county youth ages 12 to 26 learn to express themselves creatively in visual art, audio and video production. All MARZ students have free access to equipment, software and training. Meets via Zoom by appointment. Free. marzproject@inkpeople.org. 442-8413.

Virtual Junior Rangers. 11:30 a.m. Virtual World, Online. North Coast Redwoods District of California State Parks offers kids' programs and activities about coast redwoods, marine protected areas and more, plus Junior Ranger badges. Register online and watch live. www.bit.ly/NCRDVirtualJuniorRanger.

FOOD

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh local produce, straight from the farmer. Live music every week. www.northcoastgrowersassociation.org/. 441-9999.

McKinleyville Farmers Market. 3-6 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. Local, GMO-free produce. Live music. Free. www.northcoastgrowersassociation.org/.

Volunteer Orientation Food for People. 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. www.foodforpeople.org/volunteering. 445-3166 ext. 310.

HOLIDAY EVENTS

Huddie's Harvest Pumpkin Patch. 10 a.m.-6 p.m. Huddie's Harvest, 3364 Foster Ave., Arcata. Pumpkin patch, corn maze, farm stand.

Leonardi Pumpkin Patch. Noon-5 p.m. Leonardi Pumpkin Patch, 1901 Christensen Lane, Ferndale. Open now for pumpkin hunting.

Organic Matters Pumpkin Patch. Organic Matters Ranch, 6821 Myrtle Ave., Eureka. Open weekdays noon-6 p.m. and weekends 10 a.m.-6 p.m.

Pumpkin Carving Contest. Virtual World, Online. Voting for the contest runs from Oct. 15 to Oct. 30. Winners will be chosen by the number of "likes" their image receives on Clarke Museum Facebook page. Winners will be announced on Oct. 31. $5-$15 per entry suggested donation. dana.f@clarkemuseum.org. www.clarkemuseum.org/events.html. 443-1947.

The Pumpkin Patch at Mad River Road. 1-6 p.m. 1171 Mad River Road, Arcata. Six acres of pumpkins and some corn at the Pifferini Ranch — a community tradition for more than 30 years.

Trick or Eat: Veggify Your Friends. Virtual World, Online. Celebrate Halloween with Food for People by donating and sending friends spooky lawn decorations like Franken-carrot, Mummy Pear and more. Kids can enter a Count Brocc-ula coloring competition for a chance at prizes from Wildberries Marketplace. Proceeds help rebuild Food for People. Sign up online. $25-$200. crobbins@foodforpeople.org. www.foodforpeople.org. 599-0855.

MEETINGS

Ujima Parent Peer Support. 6:30-7:30 p.m. Virtual World, Online. For BIPOC families. See www.facebook.com/HC-Black-Music-Arts-Association-104727504645663 for more information. hcblackmusicnarts@gmail.com.

Virtual Whiteness Accountability Space. Noon-1 p.m. Virtual World, Online. Community members who identify as white are invited to weekly conversations led by white facilitator from Equity Arcata. Email for the Zoom link. equityarcata@gmail.com.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Online. California State Parks' North Coast Redwoods District is broadcasting programs featuring tall trees and rugged seas from state parks via Facebook. Free. www.facebook.com/NorthCoastRedwoods.

ETC

Cannabis Restoration Grant Workshop. 9:30-11 a.m. Virtual World, Online. The California Department of Fish and Wildlife provides an online overview of the Qualified Cultivator Funding Opportunity, Proposal Solicitation Notice. Review the application process and ask staff questions. To attend, use the link at www.us06web.zoom.us/j/82008518681.

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. www.englishexpressempowered.com.

How to Get Disadvantaged Business Enterprise (DBE) Certified. 10-11 a.m. Virtual World, Online. Learn more about the certification for women- or minority-owned small businesses in the fields of transportation, construction or A&E. Free. info@norcalptac.org. www.eventbrite.com/e/how-to-get-disadvantaged-business-enterprise-dbe-certified-registration-173095121167. 267-7561.

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. SoHum Health presents classes focused on strength and mobility (Tuesday), and on relaxation and breath work (Thursday). Contact instructor Ann Constantino for online orientation. $3-$5 donation per class, no one is turned away for lack of funds. annconstantino@gmail.com. www.sohumhealth.org. 923-3921.

22 Friday

ART

Art Hike Adventure Tour: Victorian Village. 9 a.m. Ferndale Main Street, Ferndale. Join Margaret Kellermann on a walking art workshop through Ferndale with some history and architecture. All levels of artists, ages 10-17 must be accompanied by adult. Tickets online. $40. www.ferndalemusiccompany.com. 786-7030.

MUSIC

Shelter n Play. 6 p.m. Virtual World, Online. Public group on Facebook made up of locals. Open mic for all skill levels, all styles, everyone's welcome to watch or perform. Sign-ups Wednesdays at noon. www.facebook.com/groups/224856781967115.

Continued on next page »

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EVENTS

EPIC's Virtual Silent Auction. Noon. Virtual World, Online. See Oct. 21 listing.

Redwood Coast Region Economic Development Summit. Virtual World, Online. See Oct. 21 listing.

FOR KIDS

MARZ Project. Noon-5 p.m. Virtual World, Online. See Oct. 21 listing.

FOOD

Drive-Thru Tri-Tip Dinner Fundraiser. 4:30-6 p.m. Faith Center Foursquare Church, 1032 Bay St., Eureka. Dinner includes local beef barbecue tri-tip, baked potato, salad, roll and dessert. Veggie option available. Tickets can be purchased at all Coast Central Credit Union Branches, Bailey Mortgage (Arcata), Dream Automotive (Eureka) and Sequoia Gas (Arcata). $25.

Frybread Love Pickup Dinner Fundraiser. 3-6 p.m. Clarke Historical Museum, Third and E streets, Eureka. Celebrate Indigenous Peoples' Month with Indian Tacos. Pay online early or day of. Part of the sales will benefit the museum and renovations to Nealis Hall. Meat and vegetarian options available. $15. admin@clarkemuseum.org. www.clarkemuseum.org/frybread-love.html. 443-1947.

Garberville Farmers Market. 11 a.m.-3 p.m. Garberville Town Square, Church Street. Local farmers, prepared food vendors and crafters bring their bounty to Southern Humboldt. Non-GMO produce. EBT accepted and Market Match is offered. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 10 a.m.-5 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Help with animal care, weeding, watering, planting and occasional harvest help on Saturday mornings. Volunteers get free produce. flowerstone333@gmail.com. (530) 205-5882.

HOLIDAY EVENTS

Huddie's Harvest Pumpkin Patch. 10 a.m.-6 p.m. Huddie's Harvest, 3364 Foster Ave., Arcata. See Oct. 21 listing.

Leonardi Pumpkin Patch. Noon-5 p.m. Leonardi Pumpkin Patch, 1901 Christensen Lane, Ferndale. See Oct. 21 listing.

Organic Matters Pumpkin Patch. Organic Matters Ranch, 6821 Myrtle Ave., Eureka. See Oct. 21 listing.

Pumpkin Carving Contest. Virtual World, Online. See Oct. 21 listing.

The Pumpkin Patch at Mad River Road. 1-6 p.m. 1171 Mad River Road, Arcata. See Oct. 21 listing.

Scream-A-Torium Haunted House. 6-11:30 p.m. Antique Depot, 1122 Main St, Fortuna. Day and night walkthroughs, one scary and one for the younger kids/families. Tickets online. Griffin Loch's Scream-A-Torium encourages guests be fully vaccinated and/or obtain a negative COVID-19 test result prior to visiting. Masks and temperature check required. Get tickets online. $20, $10 child nighttime tours, $10, $5 daytime tours. www.screamatoriumhaunt.com.

Trick or Eat: Veggify Your Friends. Virtual World, Online. See Oct. 21 listing.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Online. See Oct. 21 listing.

ETC

A Call to Yarns. Noon-1 p.m. Virtual World, Online. A weekly Zoom meetup for knitters and crocheters. Sign up using the Google form for an email invitation. Free. sparsons@co.humboldt.ca.us. www.forms.gle/CkdbZSbjbckZQej89. 822-5954.

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Oct. 21 listing.

Tabata. 5:30-6:30 p.m. Virtual World, Online. SoHum Health presents online classes with short, high intensity cardio workouts. Contact instructor Stephanie Finch by email for a link to the class. Free. sfinch40@gmail.com. www.sohumhealth.com.

23 Saturday

BOOKS

Reading in Place - An Online Reading Group. 1 p.m. Virtual World, Online. Sign up online for a Zoom meeting invite and the week's reading for discussion. www.forms.gle/zKymPvcDFDG7BJEP9.

MUSIC

HSU Faculty Artist Series Concert. 7-9 p.m. Fulkerson Recital Hall, Humboldt State University, Arcata. Live classical music from HSU music faculty. Livestream available. Repertoire for string quartet and strings and piano will include jazz and folk-inspired works by mostly contemporary composers. $15, $5 kids 12-18, $5 HSU students with ID, $7 livestream. mus@humboldt.edu. music.humboldt.edu/upcoming. 826-3566.

EVENTS

EPIC's Virtual Silent Auction. Noon. Virtual World, Online. See Oct. 21 listing.

FOR KIDS

HCBMAA Reading and Book Discussion. Noon-1 p.m. Arcata Plaza, Ninth and G streets. Presented by the HC Black Music and Arts Association every Saturday during farmers market. For youth and families. info@hcblackmusicnarts.org. www.hcblackmusicnarts.org.

FOOD

Arcata Plaza Farmers Market. 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Every Saturday Humboldt County farmers bring their non-GMO bounty, rain or shine. EBT accepted and Market Match is offered. Information and COVID rules online. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Sea Goat Farmstand. 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Fresh veggies grown onsite, fresh sourdough bread from Humboldt Baking Company and farm fresh eggs. Art from local artists as well as goods from a variety of local artisans. flowerstone333@gmail.com. (530) 205-5882.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. See Oct. 22 listing.

HOLIDAY EVENTS

Dell'Arte's Virtual Macabre Cabaret. 8 p.m. Virtual World, Online. Dell'Arte's alumni-led virtual adult macabre cabaret fundraiser. $20 suggested donation, other donation packages available. www.dellarte.com.

Fortuna Pumpkin Patch. 11 a.m.-4 p.m. Table Bluff Farm's Pumpkin Patch, 1813 Eel River Drive, Fortuna. Jack-o-Lantern pumpkins, specialty pumpkins for baking, soups and pies. Pumpkin the kunekune pig will be there for pets and photos. Family photos in patch available. Masks required. Free admission, pumpkins by the pound. info@tablebluffarm.com. www.fb.me/e/4DHddnp1P. 890-6699.

Huddie's Harvest Pumpkin Patch. 10 a.m.-6 p.m. Huddie's Harvest, 3364 Foster Ave., Arcata. See Oct. 21 listing.

Leonardi Pumpkin Patch. Noon-5 p.m. Leonardi Pumpkin Patch, 1901 Christensen Lane, Ferndale. See Oct. 21 listing.

Organic Matters Pumpkin Patch. Organic Matters Ranch, 6821 Myrtle Ave., Eureka. See Oct. 21 listing.

Pumpkin Carving Contest. Virtual World, Online. See Oct. 21 listing.

The Pumpkin Patch at Mad River Road. 10 a.m.-6 p.m. 1171 Mad River Road, Arcata. See Oct. 21 listing.

Scream-A-Torium Haunted House. 6-11:30 p.m. Antique Depot, 1122 Main St, Fortuna. See Oct. 22 listing.

Trick or Eat: Veggify Your Friends. Virtual World, Online. See Oct. 21 listing.

MEETINGS

Sistahood. 9:30-11 a.m. Virtual World, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Barbara Reisman in front of the Interpretive Center on South G Street for a 90-minute walk focusing on plants and/or Marsh ecology. Bring a mask to comply with current COVID rules. Free. 826-2359.

Audubon Guided Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Larry Karsteadt at the end of South I Street (Klopp Lake). Bring your binoculars. COVID-19 guidelines online. Text or email with the walk date and name, email and phone number for each participant. Free. thebook@reninet.com. www.rras.org/home.aspx. 499-1247.

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Online. See Oct. 21 listing.

ETC

Club Triangle Streaming Saturdays. Virtual World, Online. Weekly online queer variety show. Submissions accepted daily. Post your art on social media and tag @clubtriangle. #coronoshebettadont. Free. www.facebook.com/clubtriangl

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Oct. 21 listing.

Let's Beautify Eureka - W. Wabash Neighborhood. 9:30 a.m.-noon. Express Employment Pros, 14 West Wabash Street, Eureka. Help beautify Eureka by picking up litter, planting, weeding and fixing up the sidewalk street trees with new plantings. www.facebook.com/events/156217856649989. 441-4206.

24 Sunday

EVENTS

U.S. Capitol Christmas Tree Harvest Ceremony. 10 a.m. Virtual World, Online. Virtual harvest ceremony with a blessing by the Lassic Band of Wylacki-Wintoon Family Group Inc. and remarks by USDA Forest Service leadership, local elected officials, project partners and the local youth tree lighter. View on the Six Rivers National Forest Facebook page. Free. www.facebook.com/SixRiversNF.

EPIC's Virtual Silent Auction. Noon. Virtual World, Online. See Oct. 21 listing.

Welcome Home, Golden Rule Peace Boat. 1-5 p.m. Wharfinger Building, 1 Marina Way, Eureka. The peace boat will be open and at 2 p.m. project manager Helen Jaccard will give an update. The Raging Grannies and a Taiko drummer will perform. Wear a mask when not eating or drinking and respect social distancing guidelines. Free. vfpgoldenruleproject@gmail.com. www.vfpgoldenruleproject.org/?p=51681. (206) 992-6364.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

HOLIDAY EVENTS

Fortuna Pumpkin Patch. 11 a.m.-4 p.m. Table Bluff Farm's Pumpkin Patch, 1813 Eel River Drive, Fortuna. See Oct. 23 listing.

Halloween Sunday Art Market. 11 a.m.-4 p.m. Arcata Plaza, Ninth and G streets. A special spooky edition of the Sunday Art Market with music, local artists and fun.

Huddie's Harvest Pumpkin Patch. 10 a.m.-6 p.m. Huddie's Harvest, 3364 Foster Ave., Arcata. See Oct. 21 listing.

Leonardi Pumpkin Patch. Noon-5 p.m. Leonardi Pumpkin Patch, 1901 Christensen Lane, Ferndale. See Oct. 21 listing.

Organic Matters Pumpkin Patch. Organic Matters Ranch, 6821 Myrtle Ave., Eureka. See Oct. 21 listing.

Pumpkin Carving Contest. Virtual World, Online. See Oct. 21 listing.

Pumpkin Party & Football. 1-6 p.m. Mad River Brewing Company & Tap Room, 101 Taylor Way, Blue Lake. Pumpkin painting crafts for kids at the Tap Room. Football will be on. Pumpkins provided while supplies last, or BYO-pumpkin. Art supplies provided. Free. www.fb.me/e/QOhiOz6C. 668-4151.

The Pumpkin Patch at Mad River Road. 10 a.m.-6 p.m. 1171 Mad River Road, Arcata. See Oct. 21 listing.

Scream-A-Torium Haunted House. 11:30 a.m.-6 p.m. Antique Depot, 1122 Main St, Fortuna. See Oct. 22 listing.

Trick or Eat: Veggify Your Friends. Virtual World, Online. See Oct. 21 listing.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Online. See Oct. 21 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Oct. 21 listing.

25 Monday

LECTURE

Campus/Community Dialogue on Race: *Exploring Eureka's Chinatown Virtually*. 3-4:30 p.m. Virtual World, Online. Join Director Katie from the Clarke Historical Museum in exploring the legacy of Eureka's historic Chinatown. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

Campus/Community Dialogue on Race: *A Rickety Staircase*. 1:30-2:30 p.m. Virtual World, Online. An experiential workshop outside exploring the relationship between subjective physical experience and political space, using theater, somatic movement explorations and play. Facilitated by Jackie Dandeneau and Laura Muñoz. Free. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

EVENTS

EPIC's Virtual Silent Auction. Noon. Virtual World, Online. See Oct. 21 listing.

FOOD

Miranda Farmers Market. 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. Featuring local farmers and crafters. Non-GMO produce. EBT accepted and Market Match is offered. Free. info@northcoastgrow-

ersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Volunteer Orientation Food for People. 3:30-4:30 p.m. See Oct. 21 listing.

HOLIDAY EVENTS

Leonardi Pumpkin Patch. Noon-5 p.m. Leonardi Pumpkin Patch, 1901 Christensen Lane, Ferndale. See Oct. 21 listing.

Organic Matters Pumpkin Patch. Organic Matters Ranch, 6821 Myrtle Ave., Eureka. See Oct. 21 listing.

Pumpkin Carving Contest. Virtual World, Online. See Oct. 21 listing.

Trick or Eat: Veggify Your Friends. Virtual World, Online. See Oct. 21 listing.

MEETINGS

Humboldt Bay Bicycle Commuters. 6 p.m. Jack's Seafood, 4 C St., Eureka. Dinner meeting at Jack's Seafood. Must be fully vaccinated to attend. RSVP to Rick Knapp at 445-1097 at the request of the restaurant. The agenda will be prepared at the beginning of the meeting. www.jacksseafoodeureka.com/.

Thrive: Eco Grief Circle. Fourth Monday of every month, 6-7 p.m. Virtual World, Online. The Northcoast Environmental Center welcomes all people looking for a space to express their stories, sadness, worries, anxiety and fear concerning the state of our planet. Addressing topics such as climate change, species extinction, catastrophic fire and other natural disasters. Via Zoom. Free. nec@yournec.org. www.yournec.org/thrive. 822-6918.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Online. See Oct. 21 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Oct. 21 listing.

Ham Radio Technician License Class. Virtual World, Online. The Humboldt Amateur Radio Club prepares students for the Amateur Radio Technician Class license examination. Via Zoom and in-person at the Humboldt Bay Fire Training room at 3030 L St. in Eureka. Call or email to reserve a seat. Free. ke6hec@arrl.net. www.humboldt-arc.org. 834-0042.

Tabata. 5:30-6:30 p.m. Virtual World, Online. See Oct. 22 listing.

26 Tuesday

LECTURE

Being Dark as Praxis in Academia. 1-2:30 p.m. Virtual World, Online. Drawing on the work of decolonial and feminist thinkers Sylvia Wynter and Donna Haraway, this workshop explores Western and colonial knowledge systems and links between racial, gendered and sexual belonging. Facilitated by Rouhollah Aghasaleh. Free. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

Campus/Community Dialogue on Race: *El Leñador* - HSU student newspaper. 11-11:45 a.m. Virtual World, Online. The staff of HSU's award-winning English and Spanish student newspaper shares what they do and why news matters. Share story ideas you think are

Continued on next page »

2021 HALLOWEEN COLORING CONTEST

COLORING CONTEST RULES

One winner in each age category. **Deadline Friday, October 29th at 3 pm**. Submit by dropping off or mailing to Patches' Pastries, 1603 G St.; Arcata, CA 95521; open every day 8 am-3 pm or email to info@patchespastries.com. May use any type of media. Will be displayed inside the host shop; Northtown Coffee from 10/30-10/31. All artwork must be authentic works of one participant. Contact info will be removed before being displayed. Submitted artwork can be sent back if requested.

CONTACT INFORMATION

Participant Name: _____ Circle Age Group: 7&Under | 8-13 | 14&Up

Guardians Name: _____ Address: _____

City, State, Zip:_____ Phone Number:_____

Email: _____ Mail Artwork Back: Yes or No





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AREA 1 Agency on Aging

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NCJ CALENDAR

Continued from previous page

important. Facilitated by Karina Ramos, Alexandra Gonzalez, Steffi Puerto. Free. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

Campus/Community Dialogue on Race: Featured Speaker: Dr. Lisa Nakamura. 9-10:30 a.m. Virtual World, Online. Presenting a talk titled *Moving from Intergenerational Trauma to Racial Solidarity in the Japanese American Community* followed by Q&A. Free. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

Campus/Community Dialogue on Race: *Why We Need Abolition.* 5-6:30 p.m. Virtual World, Online. This workshop explores the history of incarceration from slavery, indigenous genocide, World War II and recent immigration imprisonment. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

EVENTS

EPIC's Virtual Silent Auction. Noon. Virtual World, Online. See Oct. 21 listing.

FOR KIDS

MARZ Project. Noon-5 p.m. Virtual World, Online. See Oct. 21 listing.

Tuesday Storytime with Ms. Tamara. Virtual World, Online. Posted every Tuesday on Arcata Library's Facebook page, www.facebook.com/HumCoLibraryArcata.

FOOD

Fortuna Farmers Market. 3-6 p.m. Fortuna Main Street, Main Street. Locally grown fruits, veggies and garden plants, plus arts and crafts. Free. www.northcoastgrowersassociation.org/. 441-9999.

Old Town Farmers Market. 10 a.m.-1 p.m. Old Town, F Street between First and Third streets, Eureka. GMO-free produce, humanely raised meats, pastured eggs, plant starts and more. Live music weekly and CalFresh EBT cards accepted. Free. www.northcoastgrowersassociation.org.

Shelter Cove Farmers Market. 11 a.m.-3 p.m. Mario's Marina Bar, 533 Machi Road, Shelter Cove. This sea town's farmers market provides fresh, non-GMO produce and locally made crafts. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

HOLIDAY EVENTS

Leonardi Pumpkin Patch. Noon-5 p.m. Leonardi Pumpkin Patch, 1901 Christensen Lane, Ferndale. See Oct. 21 listing.

Organic Matters Pumpkin Patch. Organic Matters Ranch, 6821 Myrtle Ave., Eureka. See Oct. 21 listing.

Pumpkin Carving Contest. Virtual World, Online. See Oct. 21 listing.

The Pumpkin Patch at Mad River Road. 1-6 p.m. 1171 Mad River Road, Arcata. See Oct. 21 listing.

Trick or Eat: Veggify Your Friends. Virtual World, Online. See Oct. 21 listing.

MEETINGS

Community Housing Sessions. 6 p.m. Virtual World, Online. Participate in an open dialogue on housing needs, issues, challenges, solutions and visions for Humboldt County's future of housing in Humboldt County. Via Zoom. Join at www.us02web.zoom.us/j/82323649248.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Online. See Oct. 21 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Oct. 21 listing.

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. See Oct. 21 listing.

27 Wednesday

BOOKS

On the Same Page Book Club. 5:30 p.m. Virtual World, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAsjdQ7hKGqEgJKj7.

LECTURE

Anti-Racist Student & Faculty Organizing (CDOR). 5-6:30 p.m. An update on organizing from Students for Quality Education and CFA's Council of Racial and Social Justice (CRSJ). Free. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

Colorism Amongst BIPOC Communities. 11 a.m.-12:30 p.m. Virtual World, Online. Hands-on workshop covering topics of anti-Blackness and colorism, especially as it pertains to BIPOC communities. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

Systemic Racism and Education. 3:30-4:15 p.m. Virtual World, Online. Join Katie Stephens-Rich from Teach For America to discuss how systemic racism affects schools. Free. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

MUSIC

D.R.I.. 7-11 p.m. RampArt Skatepark, 700 South G St., Arcata. DRI with Re-Tox and special guests Infex and Greybush. All ages. Tickets at Brown Paper Tickets. www.brownpapertickets.com/event/5137637 $25, $20 advance. www.rampartskatepark.org.

THEATER

***Old God Vol.2* Hosted By Alec Trujillo.** 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. Proof of vaccination and masks are required. $12-$15. www.dellarte.com.

EVENTS

EPIC's Virtual Silent Auction. Noon. Virtual World, Online. See Oct. 21 listing.

FOR KIDS

MARZ Project. Noon-5 p.m. Virtual World, Online. See Oct. 21 listing.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 10 a.m.-5 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. See Oct. 22 listing.

HOLIDAY EVENTS

Huddie's Harvest Pumpkin Patch. 10 a.m.-6 p.m. Huddie's Harvest, 3364 Foster Ave., Arcata. See Oct. 21 listing.

Leonardi Pumpkin Patch. Noon-5 p.m. Leonardi Pumpkin Patch, 1901 Christensen Lane, Ferndale. See Oct. 21 listing.

Organic Matters Pumpkin Patch. Organic Matters Ranch, 6821 Myrtle Ave., Eureka. See Oct. 21 listing.

Pumpkin Carving Contest. Virtual World, Online. See Oct. 21 listing.

The Pumpkin Patch at Mad River Road. 1-6 p.m. 1171 Mad River Road, Arcata. See Oct. 21 listing.

Trick or Eat: Veggify Your Friends. Virtual World, Online. See Oct. 21 listing.

MEETINGS

Nordic Aquafarms Community Zoom Meeting. 12:30-1:30 p.m. Virtual World, Online. Ask questions of

Nordic Aquafarms representatives about the land-based aquafarm planned for the Samoa Peninsula. Join Zoom meeting at www.us02web.zoom.us/j/89139034912. Meeting ID: 891 3903 4912. lynette.mullen@gmail.com. us02web.zoom.us/j/89139034912.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Online. See Oct. 21 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Oct. 21 listing.

Tabata. 5:30-6:30 p.m. Virtual World, Online. See Oct. 22 listing.

28 Thursday

LECTURE

Black Liberation Through the Arts. 11 a.m.-12:30 p.m. Virtual World, Online. Participants review non-mainstream Black artists that have provided space and conversations around Black liberation. Followed by a writing workshop. Facilitated by Mo HD and Lexxi Reid. Free. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

State of the Black College Student. 2:30-4 p.m. This workshop will engage black student leaders in critical conversations regarding their education, well-being, future career aspirations and ways to collectively support their communities. Student leaders will share personal stories regarding their experiences navigating a global pandemic. Facilitated by Dr. Phillip "Flapp" Cockrell. Free. cdor@humboldt.edu. www.dialogue.humboldt.edu/events-calendar. 826-5656.

Whiteness Accountability Space. 1-2 p.m. Virtual World, Online. This special Campus Dialogue on Race session focuses on why the group exists, the goals for the group, the group's experiences and lessons learned. Free. www.dialogue.humboldt.edu/events-calendar.

SPOKEN WORD

Speed and Grace Poetry Workshops. 6-8 p.m. Virtual World, Online. See Oct. 21 listing.

The Writers Lounge via Zoom. 7:30 p.m. Virtual World, Online. See Oct. 21 listing.

EVENTS

EPIC's Virtual Silent Auction. Noon. Virtual World, Online. See Oct. 21 listing.

Fire Relief Donation Drive. 2-5 p.m. Arcata Veterans Hall, 1425 J St. See Oct. 21 listing.

FOR KIDS

MARZ Project. Noon-5 p.m. Virtual World, Online. See Oct. 21 listing.

Virtual Junior Rangers. 11:30 a.m. Virtual World, Online. See Oct. 21 listing.

FOOD

Free Produce Market. 11 a.m.-1 p.m. Bayshore Mall, 3300 Broadway, Eureka. Fresh fruits and vegetables for income-eligible people. Bring your own reusable bags. Drive-thru only. Please wear a mask at the distribution. Eligibility information online. www.foodforpeople.org.

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. See Oct. 21 listing.

McKinleyville Farmers Market. 3-6 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. See Oct. 21 listing.

Volunteer Orientation Food for People. 3-4 p.m. See Oct. 21 listing.

HOLIDAY EVENTS

Huddie's Harvest Pumpkin Patch. 10 a.m.-6 p.m. Huddie's Harvest, 3364 Foster Ave., Arcata. See Oct. 21 listing.

Leonardi Pumpkin Patch. Noon-5 p.m. Leonardi Pumpkin Patch, 1901 Christensen Lane, Ferndale. See Oct. 21 listing.

Organic Matters Pumpkin Patch. Organic Matters Ranch, 6821 Myrtle Ave., Eureka. See Oct. 21 listing.

Pumpkin Carving Contest. Virtual World, Online. See Oct. 21 listing.

The Pumpkin Patch at Mad River Road. 1-6 p.m. 1171 Mad River Road, Arcata. See Oct. 21 listing.

Trick or Eat: Veggify Your Friends. Virtual World, Online. See Oct. 21 listing.

MEETINGS

Ujima Parent Peer Support. 6:30-7:30 p.m. Virtual World, Online. See Oct. 21 listing.

Virtual Whiteness Accountability Space. Noon-1 p.m. Virtual World, Online. See Oct. 21 listing.

OUTDOORS

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Online. See Oct. 21 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Oct. 21 listing.

How to Get Women Owned Small Business (WOSB/EDWOSB) Certified. 10-11 a.m. Virtual World, Online. This webinar session covers the WOSB/EDWOSB requirements and how to certify in beta.certify.sba.gov. Register at www.eventbrite.com/e/how-to-get-women-owned-small-business-wosbedwosb-certified-registration-173100537367. Free. info@norcalptac.org. www.eventbrite.com/e/how-to-get-women-owned-small-business-wosbedwosb-certified-registration-173100537367. 267-7561.

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. See Oct. 21 listing.

Heads Up ...

Ink People Center for the Arts, Humboldt County Library and Word Humboldt, in partnership with KEET-TV, seek submissions of works of visual art and poetry from youth ages 13-18 and adults for "Stand Up and Be Counted: Art and Poetry Inspired by Muhammad Ali." Entries will be accepted online through Nov. 19. The exhibition will go live at the Brenda Tuxford Gallery in early 2022. See www.inkpeople.org for details.

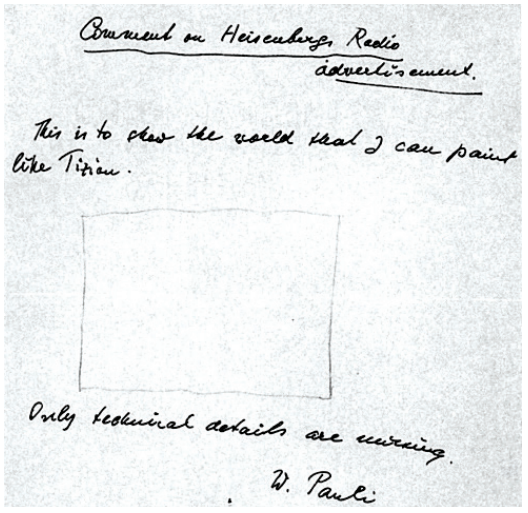
The city of Arcata seeks applicants for the Public Safety Committee. Applicants must live within Arcata city limits or live or work within the Arcata Planning Area. Committee applications may be emailed to bdory@cityofarcata.org, faxed to 822-8018 or dropped off in the city manager's office at Arcata City Hall between 9 a.m. and 5 p.m. Monday through Friday. For more information, visit www.cityofarcata.org or call 822-5953.

The city of Arcata seeks applicants for the Economic Development Committee. Email applications to citymgr@cityofarcata.org, fax to 822-8081 or drop off in a sealed envelope labeled "City Manager's Office" at the City Hall drop boxes. For more information visit www.cityofarcata.org or call 822-5953.

The Humboldt-Del Norte County Medical Society's Humboldt-Del Norte PreMedical Education Task Force offers two $1,000 Future Physician scholarships to students planning on attending medical school. Application at www.hafoundation.org/Grants-Scholarships/Scholarships-Apply-Now. ●

Don't Shoot the Physicist!

By Barry Evans
fieldnotes@northcoastjournal.com



Wolfgang Pauli's 1958 "empty rectangle" message to physicist Robert Oppenheimer: "This is to show the world that I can paint like Titian. Only technical details are missing." *Image by CERN*

Today, hundreds, if not thousands, of theoretical physicists the world over are trying to find the holy grail of physics, a "theory of everything" (or TOE for short) that explains and links together all physical aspects of the universe. More concretely, a successful TOE would connect the two theories on which all physics depends: general relativity and quantum mechanics.

This isn't a new quest. In 1958, two giants of fundamental physics, Wolfgang Pauli and Werner Heisenberg, thought they were on the right track. So much so that Heisenberg claimed in a radio talk to have figured out the TOE, adding, "only technical details are missing." When Pauli heard about this, he was incensed, writing identical messages to several fellow physicists: "This is to show the world that I can paint like Titian. Only technical details are missing." He illustrated his artistic skill with an empty rectangle. How ironic that Heisenberg, who probably did as much to figure out the underlying mechanics of the world around us as anyone, and who was awarded the 1932 Nobel Prize for Physics "for the creation of quantum mechanics," should be remembered most for this mocking commentary.

The revolution in quantum mechanics began in 1900 with Max Plank's "quantum" postulate: Electromagnetic energy can only be emitted in quantized form, that is, the energy comes in multiples of elementary units. This is at odds with classical physics. Later, working in the early 1920s with Max Born and Pascual Jordan, Heisenberg developed the basic formulation of quantum mechanics. Published in 1925, it's still used today. Two years later, he figured out what's known as the "Heisenberg Uncertainty Principle," which says that there's a limit to the accuracy with which the properties of elementary particles can be known. For instance, if you know exactly the position of an electron, you are clueless about its velocity — and vice versa. Or you can kinda-sorta know where it is, in which case you kinda-sorta know its velocity (or more properly, its momentum).

Incidentally, this is one way to understand why a TOE combining general relativity and quantum mechanics is so hard to come by. General relativity is all about gravity: how an object with mass moves in a gravitational field. An electron has mass. But quantum mechanics says that you can't be sure exactly where the electron is and how it's moving ... so how can you calculate its motion within the framework of general relativity, which requires precise data for calculation? (You can't.)

Back to Heisenberg. He died of kidney cancer at age 74 but he came close to being assassinated 32 years earlier by Moe Berg, former Major League catcher and coach. It's literally the stuff of movies: See The Catcher Was a Spy (2018), in which Berg is played by Paul Rudd. During WW2, General Leslie Groves, military head of the atomic bomb "Manhattan Project," became convinced — falsely, as it turned out — that Germany was in a race with the U.S. to develop an atomic bomb, with Heisenberg leading the effort. In 1944, Heisenberg gave a lecture in Switzerland, attended by Berg, who was then an agent of the OSS (forerunner of the CIA). Berg, who was carrying a pistol, had been ordered to kill Heisenberg if anything he said "convinced him the Germans were close to a bomb."

He didn't and so he didn't.

●

Barry Evans (he/him, barryevans9@yahoo.com) is working on his Pulitzer Prize. Just a couple of technical details to sort out.

Unfair

The Starling and *Bad Sport*

By Kristin Kirby
screens@northcoastjournal.com



Getting used to gathering outdoors. *The Starling*

THE STARLING. Fans of Melissa McCarthy will know that she does both comedy and drama. *The Starling* (on Netflix) is the latter, so if you were expecting to see her do things along the lines of talking through a mouthful of food, belly-flopping or adopting six dogs all at once, you'll want to check out one of her comedies or catch her on *SNL* reruns. But don't let that deter you from this well-acted film.

In the idyllic opening scene, Lily Maynard (McCarthy) and husband Jack (Chris O'Dowd) are painting their infant daughter's room, clearly in love with each other and their baby, so you know something awful is going to happen. We don't see or hear about the awful. Instead, we follow a small, black bird as it picks up a candy bar wrapper and flies many miles to its nest, deposits the wrapper, pecks its partner on the beak and flies away again.

This beautiful sequence sets the tone for the rest of this thoughtful, quirky film about a married couple who have no idea how to go about carrying on the same, mundane tasks of everyday life after the death of their child.

Some aspects of the film are wildly unrealistic. The mental facility where Jack is staying, for example, looks like a slightly downscaled version of Downton Abbey with pottery classes (wheel-throwing, mind you), intimate group therapy sessions and a psychiatrist who never talks above a whisper. And Lily presumably helps pay for their sprawling, well-maintained farmhouse by working as a clerk in a grocery store. Still, I could forgive those things because the subject matter and acting are above average.

Having honed her craft at both the Actor's Studio and the L.A. comedy improv group the Groundlings, McCarthy is a pro in whichever genre she chooses. In this film, she's raw, a dedicated woman who, like the starling she reluctantly shares a yard with, will not give up, no matter her pain. But don't even try to comfort her. It's obvious she's not OK in how she rubs out the crib marks from the rug and drags all of the living room furniture out to the road in the middle of the night, then trades it to the first people who drive up for a Naugahyde recliner. While she forgoes physical comedy, scenes where she's fending off the starling that plays offense on what he considers his territory are funny in a grim, tragic way.

O'Dowd, too, deserves kudos for daring to play opposite McCarthy in a role where each character is equally distraught. He holds his own character's pain like a fragile flower. Jack can't say his daughter's name. He hoards his meds. He calls his wife just to hear her voice, then hangs up.

Thoughtful performances by Kevin Kline, who plays an ex-psychiatrist turned veterinarian who clumsily tries to help Lily, and Daveed Diggs (from *Hamilton* — sorry, no songs this time) as the pottery teacher are directed artfully by Theodore Melfi, who also directed 2016's *Hidden Figures* and another McCarthy comedy/drama, 2014's *St. Vincent*.

Not a lot happens but it's what doesn't happen that tells you what's going on, and things do progress. And there is that cute, obnoxious bird. PG13. 102M. NETFLIX.

BAD SPORT. The 2002 Winter Olympics in Salt Lake City saw several teams competing in pairs figure skating. Yet everyone knew, long before the games, that the only real contest would be between Yelena Berezhnaya and Anton Sikharulidze from Russia, the nation that had dominated the event for years, and Canada, whose newcomers Jamie Salé and David Pelletier suddenly threatened to become gold medalists. Both teams skated their hearts out. What transpired next was a judging scandal unprecedented in skating, a sport that was already steeped in corruption.

That's just one of the sagas in the Netflix production *Bad Sport*. Using archival footage and candid interviews, this documentary series offers six episodes, each a tale of scandal in which someone goes off the rails and succumbs to a greed they never thought they had in them. Or maybe they did.

The series is captivating, even if you know nothing about the particular sport. I was unaware a person could go to Las Vegas to bet on college sports (or that it's only worthwhile if said person already has large sums of cash). Yet the episode about game-throwing in college basketball is about so much more — tackling the human cost of these operations, looking at what happens to cash-strapped kids on sports scholarships who don't have enough to eat. It raises questions about who makes money in sports and who should make money. Other tales of corruption include drug smuggling in car racing, a horse hitman and match fixing in cricket. The fountain of sports scandals is not in danger of going dry, so I'm betting Netflix won't stop with just one season. TVMA.

●

Kristin Kirby (she/her) is a freelance journalist living in Arcata.

NOW PLAYING

THE ADDAMS FAMILY. Animated movie about your favorite Goth role models. Voiced by Oscar Isaac, Charlize Theron and Chloë Grace Moretz. PG. 93M. BROADWAY, MILL CREEK.

DUNE. This screen adaptation of the sci-fi tome by director Denis Villenueve spices it up with Zendaya, Timotheé Chalamet, Oscar Isaac and Jason Momoa. PG13. 155M. BROADWAY, MILL CREEK, MINOR.

FIRE SHUT UP IN MY BONES. Terence Blanchard's opera adaptation of Charles M. Blow's memoir, featuring a libretto by Kasi Lemmons. NR. 195M. MINOR.

HALLOWEEN KILLS. Jamie Lee Curtis came to eat probiotic yogurt and kill Michael Myers, and she's all outta yogurt. R. 106M. BROADWAY, MILL CREEK.

THE HARDER THEY FALL. Idris Elba, Regina King, LaKeith Stanfield and Jonathan Majors mount up for a Western about rival outlaws. (*casually drops handkerchief in dusty street) R. 130M. BROADWAY.

HOWL'S MOVING CASTLE. Hayao Miyazaki's animated adventure about witches, warlocks, curses and, as advertised, a moving castle. PG. 120M. MINOR.

LAMB. Noomi Rapace plays an Icelandic woman who longs for a child and gets a lamb in a deeply strange drama/horror/fable/dark Muppet movie. R. 106M. MINOR.

THE LAST DUEL. Ridley Scott's Medieval drama a charge of sexual assault spinning into a power struggle. Starring Jodie Comer, Matt Damon, Adam Driver, Ben Affleck and some brutal haircuts. 152M. BROADWAY, MILL CREEK.

NO TIME TO DIE. Daniel Craig dusts off the tux one last time to do spy stuff with Lashana Lynch, Ana de Armas and Rami Malek. PG13. 203M. BROADWAY, MILL CREEK, MINOR.

RON'S GONE WRONG. Animated adventure about an awkward kid (Jack Dylan Grazer) and his malfunctioning robot (Zach Galifianakis). PG. 106M. BROADWAY, MILL CREEK.

SHANG-CHI AND THE LEGEND OF THE 10 RINGS. Marvel's eponymous kung-fu superhero (Simu Liu) spin kicks onto the big screen with Awkwafina, Tony Leung and Michelle Yeoh. PG13. 132M. BROADWAY.

VENOM: LET THERE BE CARNAGE. Tom Hardy returns in the sequel to the dark Marvel movie about a man and his symbiotic frenemy. PG13. 90M. BROADWAY, MILL CREEK, MINOR.

WORKSHOPS & CLASSES

List your class – just $4 per line per issue! Deadline: Friday, 5pm.

Place your online ad at **classified.northcoastjournal.com** or e-mail: **classified@northcoastjournal.com**

Listings must be paid in advance by check, cash or Visa/MasterCard. Many classes require pre-registration.

Fitness

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1230)

Food & Drink

SIP SPARKLING HOLIDAYS: Discover the World of Bubbles. Delve into the process of how sparkling wines are made. Nov. 4. $30. 5:30-7pm. https://extended.humboldt.edu/extended-education/program/wine-studies (F-1021)

50 and Better

OLLI ONLINE CLASSES: Shelter in place but stay connected with OLLI. Get more information or register @HSUOLLI (O-1230)

ANOTHER EYE-CATCHING SURFACE DESIGN ON PAPER WITH SANDY VREM. Surface designs will be created by applying metallic acrylic paint to papers using stencils, stamps and other mark making tools. Proof of vaccine and other safety protocol needed. Tues., Nov. 2 & Thurs., Nov. 4 from 10 a.m.-1 p.m. OLLI members $45. Sign up today! 826-5880 or www.humboldt.edu/olli (O-1021)

INTRO TO PERMACULTURE & REGENERATIVE HOMESTEADING WITH STEVEN SAINT THOMAS. If you have a garden -- or want one -- you can be a part of localizing our food system, a huge paradigm shift towards a sustainable world. Proof of vaccine and other safety protocol needed. Sat., Nov. 6 from 10 a.m.-1 p.m. OLLI members $35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-1021)

OLLI ONLINE: ADULT IMMUNIZATIONS IN 2021 WITH CAROLINE CONNOR. Learn about the different types of vaccines, and how they are developed and how a vaccine works to protect you. Get the latest developments in the COVID-19 vaccine story. Thurs., Nov. 4 from 6-7:30 p.m. OLLI members $30. Sign up today! 826-5880 or www.humboldt.edu/olli (O-1021)

OLLI ONLINE: ALEXANDER VON HUMBOLDT: EXPLORER, VISIONARY SCIENTIST, HUMANIST WITH MOLLY CATE. Learn about this man who explored, measured, studied, collected and drew all that he saw. Wed., Nov. 3-17 from 10 a.m.-12 p.m. OLLI members $50. Sign up today! 826-5880 or www.humboldt.edu/olli (O-1021)

OLLI ONLINE: BASIC TAP DANCE (OPTION 2) WITH MELISSA HINZ. Enjoy the great benefits of tap dancing including balance, rhythm, stronger brain to body connection along with strengthening your feet, legs, and core. Fri., Nov. 5-Dec 10 (no class Nov. 26) from 10:45-11:45 a.m. OLLI members $60. Sign up today! 826-5880 or www.humboldt.edu/olli (O-1021)

OLLI ONLINE: BEGINNING BALLET FOR ADULTS (OPT. 2) WITH NANCY CALL. Feeling unfit or ready to experience a new form of exercise? Learn the basic foundation steps, combinations in the center, stretching exercises and theraband work. Wed., Nov. 3-Dec. 8 (no class Nov. 24) from 10:30 a.m.- 12 p.m. OLLI members $72. Sign up today! 826-5880 or www.humboldt.edu/olli (O-1021)

OLLI ONLINE: INTERMEDIATE BALLET FOR ADULTS (OPT. 2) WITH NANCY CALL. Bring your ballet practice to the next level. Tues. & Thurs., Nov. 2-Dec. 9 (no class Nov. 11, Nov. 23, or Nov. 25) from 10:30 a.m.-12 p.m. OLLI members $130. Sign up today! 826-5880 or www.humboldt.edu/olli (O-1021)

OLLI ONLINE: MODERN SHORT STORIES: A READING COURSE WITH RACHEL ENGELMAN. Enjoy a new literary discussion class surveying four works of short fiction. Wed., Nov. 3-Dec. 1 (no class Nov. 24) from 1-3 p.m. OLLI members $45. Sign up today! 826-5880 or www.humboldt.edu/olli (O-1021)

Spiritual

EVOLUTIONARY TAROT Ongoing Zoom classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com (S-1230)

SOTO ZEN MEDITATION Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, arcatazengroup.org Beginners welcome, call for orientation. (707) 826-1701 (S-1230)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-1230)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-499-0205, saahumboldt@yahoo.com (T-1230)

SMARTRECOVERY.ORG CALL 267 7868

Vocational

ADDITIONAL ONLINE CLASSES College of the Redwoods Community Education and Ed2GO have partnered to offer a variety of short term and career courses in an online format. Visit https://www.ed2go.com/crwce/SearchResults.aspx?Sort=Relevance&MaxResultCount=10 (V-1021)

EMT REFRESHER 11/4/21 - 11/14/21. Call College of the Redwoods Community Education at (707) 476-4500. (V-1021)

FREE AMERICAN SIGN LANGUAGE CLASS visit https://www.redwoods.edu/adulted or call College of the Redwoods at 707-476-4500 for more information and to register. (V-1125)

FREE COMPUTER SKILLS CLASS visit https://www.redwoods.edu/adulted or call College of the Redwoods at 707-476-4500 for more information and to register. (V-1125)

FREE ENGLISH AS A SECOND LANGUAGE CLASS visit https://www.redwoods.edu/adulted or call College of the Redwoods at 707-476-4500 for more information and to register. (V-1125)

FREE HIGH SCHOOL DIPLOMA HISET PREPARATION visit https://www.redwoods.edu/adulted or call College of the Redwoods at 707-476-4500 for more information and to register. (V-1125)

FREE LIVING SKILLS FOR ADULTS WITH DISABILITIES CLASSES visit https://www.redwoods.edu/adulted or call College of the Redwoods at 707-476-4500 for more information and to register. (V-1125)

FREE WORK RELATED SKILLS CLASSES visit https://www.redwoods.edu/adulted or call College of the Redwoods at 707-476-4500 for more information and to register. (V-1125)

INJECTIONS 1/5/22. Call College of the Redwoods Community Education at (707) 476-4500. (V-1021)

MEDICAL ASSISTING INFORMATIONAL MEETING 11/3/21 10am. Call College of the Redwoods Community Education at (707) 476-4500. (V-1021)

PHLEBOTOMY INFORMATIONAL MEETING 12/1/21 6pm. Call College of the Redwoods Community Education at (707) 476-4500. (V-1021)

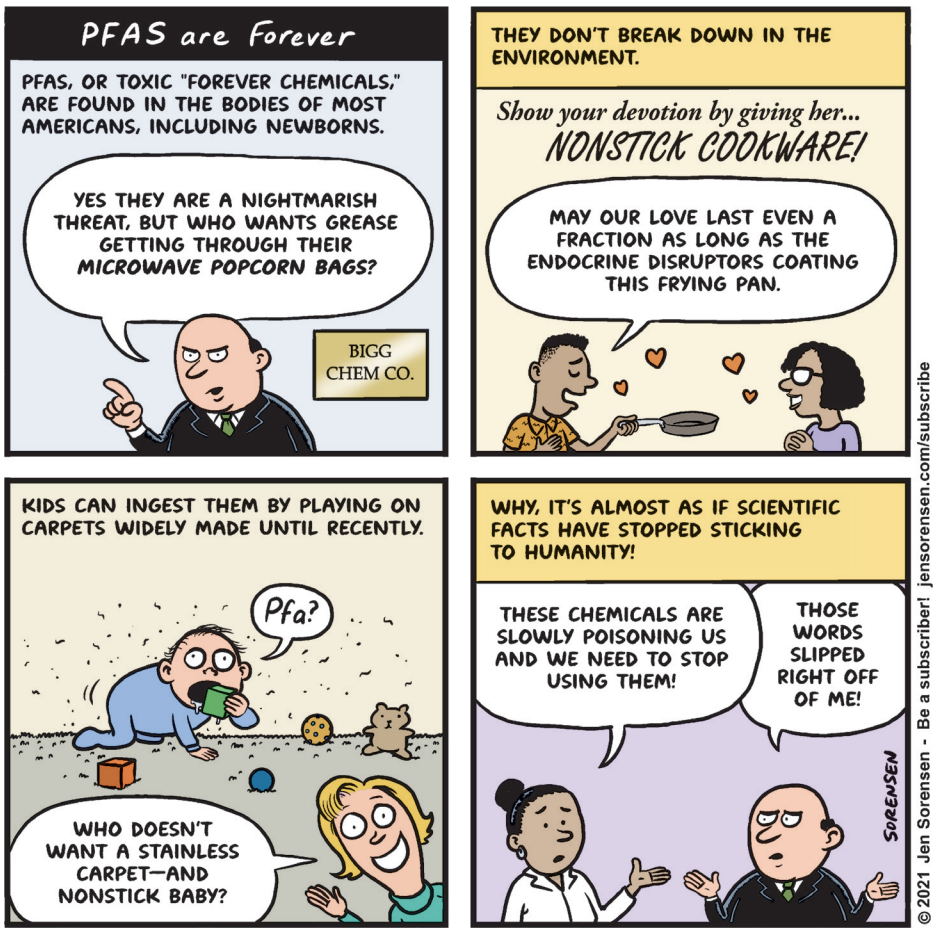
VENIPUNCTURE 1/6/22. Call College of the Redwoods Community Education at (707)476-4500. (V-1021)

Wellness & Bodywork

2022 AYURVEDA HEALTH & LIFE COACH & HERBALIST TRAININGS NOW ENROLLING. Do you ever feel your childhood upbringing or education was lacking in the life-skills needed to be the healthiest most successful version of yourself? Ready to learn the health & life skills & get the ongoing support you need to truly thrive in all areas of your life? Join the Ayurvedic Living School w/Traci Webb & Guests for our 100% online Ayurveda Health & Life Coach Training Starting: January 12. Ayurveda Herbalist Training Starts: March 22. Spaces fill fast. Early registration advised. Visit: www.ayurvedicliving.com (W-1/13)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Herbal & Traditional Healing in Greece with Thea Parikos. May 21 - 31, 2022. Discover the beauty, aromas, traditional and modern uses of many medicinal plants on this amazing journey of learning to the Aegean island of Ikaria. Register online www.dandelionherb.com or call (707) 442-8157. (W-0428)

NCJ CARTOONS



@northcoastjournal

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARITA LOUISE MOORE aka RITA L. MOORE CASE NO. PR2100276

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of MARITA LOUISE MOORE aka RITA L. MOORE
A PETITION FOR PROBATE has been filed by Petitioner MATTHEW WHEELER
In the Superior Court of California, County of Humboldt. The petition for probate requests that MATTHEW WHEELER be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on October 28, 2021 at 1:31 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6.
For information on how to appear remotely for your hearing, please visit https://www.humboldt.courts.ca.gov/

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Jocelyn M. Godinho, Esq.
Law Office of Hjerpe & Godinho, LLP
350 E Street, 1st Floor
Eureka, CA 95501
(707) 442-7262
Filed: October 1, 2021
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

10/7, 10/14, 10/21 (21-378)

NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERT F. NELSON aka ROBERT F. NELSON SR. CASE NO. PR2100290

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of ROBERT F. NELSON aka ROBERT F. NELSON SR.
A PETITION FOR PROBATE has been filed by Petitioner MICHAEL TATE
In the Superior Court of California, County of Humboldt. The petition for probate requests that MICHAEL TATE be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on November 18, 2021 at 1:31 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6, Room: 6.
For information on how to appear remotely for your hearing, please visit https://www.humboldt.courts.ca.gov/

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Jocelyn M. Godinho, Esq.
Law Office of Hjerpe & Godinho, LLP
350 E Street, 1st Floor
Eureka, CA 95501
(707) 442-7262
Filed: October 14, 2021
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

10/21, 10/28, 11/4 (21-386)

Public Notice

I, Margaret Christina Belli, have sold the property commonly known as 3029 Eel River Drive, Loleta, California, near [Zip Code 95551] [309-051-075-000, 309-061-005-000, 309-041-016-000]
In a private sale in Lawful Money.
Dated: September 13th, 2021
By Seller: Margaret Christina Belli
By Buyer: Undisclosed
Witness: Jason Penrod

9/23, 9/30, 10/7, 10/14, 10/21, 1028, 11/4, 11/11 (21-354)

Public Notice

The individuals listed below are hereby given notice that the personal property stored at the following facilities will be sold to satisfy the lien on 10/22/2021 @ 10:00am at 482 Wildwood Ave. Unless the amount due is paid in full:
Six Rivers Property Management
755 12th St
Fortuna, Ca 95540.

Nonpayment of storage:
482 Wildwood, Rio Dell

#33, Melissa Clemens
#45, Eric Wiley
Dated 10/8/2021
Sarah Albin (707) 725-1094

10/14, 10/21 (21-384)

FICTITIOUS BUSINESS NAME STATEMENT 21-00583

The following person is doing Business as
LUCID SOCIETY DESIGNS & DYES

Humboldt
42119 Hwy 299
Willow Creek, CA 95573

PO Box 431
Willow Creek, CA 95573

Gretchen Hammer
42119 Hwy 299
Willow Creek, CA 95573

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Gretchen M Hammer, Owner
This June 11, 2021
KELLY E. SANDERS
by kt, Humboldt County Clerk

9/30, 10/7, 10/14, 10/21 (21-370)

FICTITIOUS BUSINESS NAME STATEMENT 21-00609

The following person is doing Business as
SWEET PEA GARDENS

Humboldt
1433 Freshwater Rd
Eureka, CA 95503

Shelley A Ruhlen Ponce
1433 Freshwater Rd
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on January 1, 2007.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Shelley A Ruhlen Ponce, Owner
This September 13, 2021
KELLY E. SANDERS
by kt, Humboldt County Clerk

9/30, 10/7, 10/14, 10/21 (21-371)

FICTITIOUS BUSINESS NAME STATEMENT 21-00610

The following person is doing Business as
JACKSON ENTERPRISES

Humboldt
2257 Crown Drive
Fortuna, CA 95540

Darrell J Jackson
2257 Crown Drive
Fortuna, CA 95540

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on January 31, 2021.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Darrell J Jackson, Owner
This September 13, 2021
KELLY E. SANDERS
by kt, Humboldt County Clerk

9/30, 10/7, 10/14, 10/21 (21-372)

FICTITIOUS BUSINESS NAME STATEMENT 21-00619

The following person is doing Business as
LEELO ROSE LLC

Humboldt
1849 Montecito Way
Eureka, CA 95501

Leelo Rose LLC
CA 202114010542
1849 Montecito Way
Eureka, CA 95501

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on January 1, 2021.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Leah Vaughn, Chief Executive Officer
This September 16, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

9/30, 10/7, 10/14, 10/21 (21-369)

FICTITIOUS BUSINESS NAME STATEMENT 21-00639

The following person is doing Business as
MAREHILL PRODUCTIONS

Humboldt
3205 Glen St
Eureka, CA 95503

Paul Hilson Parker
3205 Glen St
Eureka, CA 95503

Marian R Baker
3526 Nevada St
Eureka, CA 95503

The business is conducted by a General Partnership.
The date registrant commenced to transact business under the fictitious business name or name listed above on September 21, 2021.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Paul Hilson Parker, Partner
This Septermber 21, 2021
KELLY E. SANDERS
by sc, Humboldt County Clerk

9/30, 10/7, 10/14, 10/21 (21-367)

FICTITIOUS BUSINESS NAME STATEMENT 21-00649

The following person is doing Business as
THE FERNDALE ENTERPRISE

Humboldt
310 F Street
Eureka, CA 95501

North Coast Journal, Inc.
CA C1997928
310 F Street
Eureka, CA 95501

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Melissa Sanderson, President
This September 28, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

9/30, 10/7, 10/14, 10/21 (21-375)

FICTITIOUS BUSINESS NAME STATEMENT 21-00653

The following person is doing Business as
DOC DASH LEGAL SERVICES

Humboldt
2036 Irving Dr
Eureka, CA 95503

PO Box 724
Eureka, CA 95502

Elizabeth E Stephens
2036 Irving Dr
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on September 30, 2021.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Elizabeth Stephens, Owner
This September 30, 2021
KELLY E. SANDERS
by kt, Humboldt County Clerk

10/7, 10/14, 10/21, 10/28 (21-376)

FICTITIOUS BUSINESS NAME STATEMENT 21-00655
The following person is doing Business as
CALLIE MAPLE COLLECTION

Humboldt
4169 Cedar St
Eureka, CA 95503

PO Box 481
Cutten, CA 95534

Jamie A Andresen
4169 Cedar St
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on January 13, 2021.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Jamie Andresen, CEO
This October 1, 2021
KELLY E. SANDERS
by sc, Humboldt County Clerk

10/7, 10/14, 10/21, 10/28 (21-377)

FICTITIOUS BUSINESS NAME STATEMENT 21-00677
The following person is doing Business as
LA CHAPARRITA MARKET

Humboldt
461 S Fortuna Blvd
Fortuna, CA 95540

Ricardo M Garcia-Herrera
110 Gulliksen Dr
Fortuna, CA 95540

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Ricardo M Garcia-Herrera, Owner
This October 12, 2021
KELLY E. SANDERS
by kt, Humboldt County Clerk

10/21, 10/28, 11/4, 11/11 (21-387)

FICTITIOUS BUSINESS NAME STATEMENT 21-00681
The following person is doing Business as
SUN VALLEY FLORAL FARMS

Humboldt
3160 Upper Bay Road
Arcata, CA 95521

The Sun Valley Group, Inc.
CA C1810212
3160 Upper Bay Road
Arcata, CA 95521

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Leendert DeVries, President
This October 14, 2021
KELLY E. SANDERS
by kt, Humboldt County Clerk

10/21, 10/28, 11/4, 11/11 (21-385)

FICTITIOUS BUSINESS NAME STATEMENT 21-00682
The following person is doing Business as
BILLYBOYSALES

Humboldt
123 Barley Road
Arcata, CA 95521

William S McIntire
123 Barley Road
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on September 23, 2019.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s William S McIntire, Owner
This October 12, 2021
KELLY E. SANDERS
by sc, Humboldt County Clerk

10/21, 10/28, 11/4, 11/11 (21-388)

FICTITIOUS BUSINESS NAME STATEMENT 21-00612
The following person is doing Business as
RADIATE METTA WELLNESS

Humboldt
735 12th Street
Arcata, CA 95521

2750 Pacific Avenue
Arcata, CA 95521

Destiny M Preston
2750 Pacific Avenue
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Destiny Preston, Owner
This September 13, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

9/23, 9/30, 10/7, 10/14, 10/21 (21-352)

LEGALS?

County Public Notices

Fictitious Business

Petition to Administer Estate

Trustee Sale

Other Public Notices

classified@northcoastjournal.com

442-1400 ×314

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO. CV2101364 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501
PETITION OF:
SARAH KATHLEEN GREEN
for a decree changing names as follows:
Present name
SARAH KATHLEEN GREEN
to Proposed Name
SARAH KATHLEEN MCCUE-GREEN
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: November 12, 2021
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
For information on how to appear remotely for your hearing, please visit https://www.humboldt.courts.ca.gov/
Date: September 27, 2021
Filed: September 28, 2021
/s/ Kelly L. Neel
Judge of the Superior Court

10/14, 10/21, 10/28, 11/4 (21-381)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO. CV2101365 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501
PETITION OF:
TEXAS JOSHUA GREEN
for a decree changing names as follows:
Present name
TEXAS JOSHUA GREEN
to Proposed Name
TEXAS JOSHUA MCCUE-GREEN
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: November 12, 2021
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
For information on how to appear remotely for your hearing, please visit https://www.humboldt.courts.ca.gov/
Date: September 27, 2021
Filed: September 28, 2021
/s/ Kelly L. Neel
Judge of the Superior Court

10/14, 10/21, 10/28, 11/4 (21-382)

NOTICE
Board of Directors
Southern Trinity Health Services Inc.

The Southern Trinity Health Services Annual Board of Directors Meeting will be held at

Ruth Lake Community Hall on Van Duzen Rd,

October 26, 2021 at 5pm.

To participate in person, masking and social distancing will be mandated. We will also ask that you answer a short questionnaire, that is used at the clinic to indicate any possible exposure, symptoms you may have, along with a temperature check. If you wish to attend by telephone the conference number is:

1-669-900-9128 US (San Jose)
Meeting ID: 886 9100 9264
Passcode: 330482

This has been a busy and eventful year, including a change to our overall corporate name, construction of the new Scotia site and more exciting plans for next year. Please come and support your clinic.

Sandra L. Rasche
Secretary, STHS Board of Directors

www.sthsclinic.org

NOTICE OF VACANCY
BOARD OF DIRECTORS

Due to the resignation of Director Elena David on September 20, 2021, a vacancy exists for the position she occupied serving on the Board of Directors of the Arcata Fire Protection District in Division 4.

As this appointment will occur in the second half of the term of office and more than 130 days prior to the next general district election, the appointment to fill the vacancy will expire on the first Friday in December 2022. Should the appointee desire to continue, they must file candidacy for the November 2022 General Election.

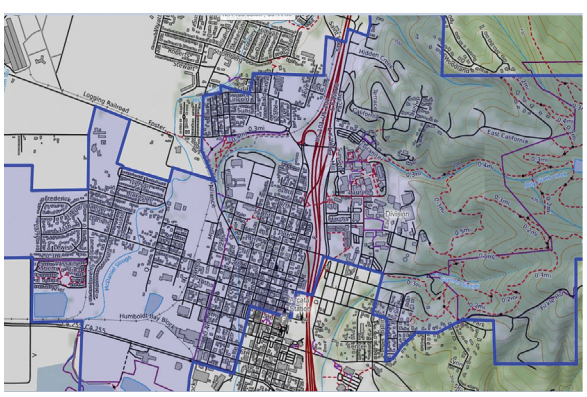
Prospective candidates must reside and be a registered voter within the boundaries of Division 4 of the Arcata Fire Protection District. Division 4 includes the Bloomfield, Sunset, and Greenview/Windsong neighborhoods. Additionally, it includes California Heights, North Town, and the west downtown area–see map). The Board intends to make its appointment no later than November 15, 2021.

Any person interested in being considered for appointment to this seat on the Board of Directors is asked to submit an application of qualifications. Forms are available at the District Headquarters or through the District website at www.arcatafire.org.

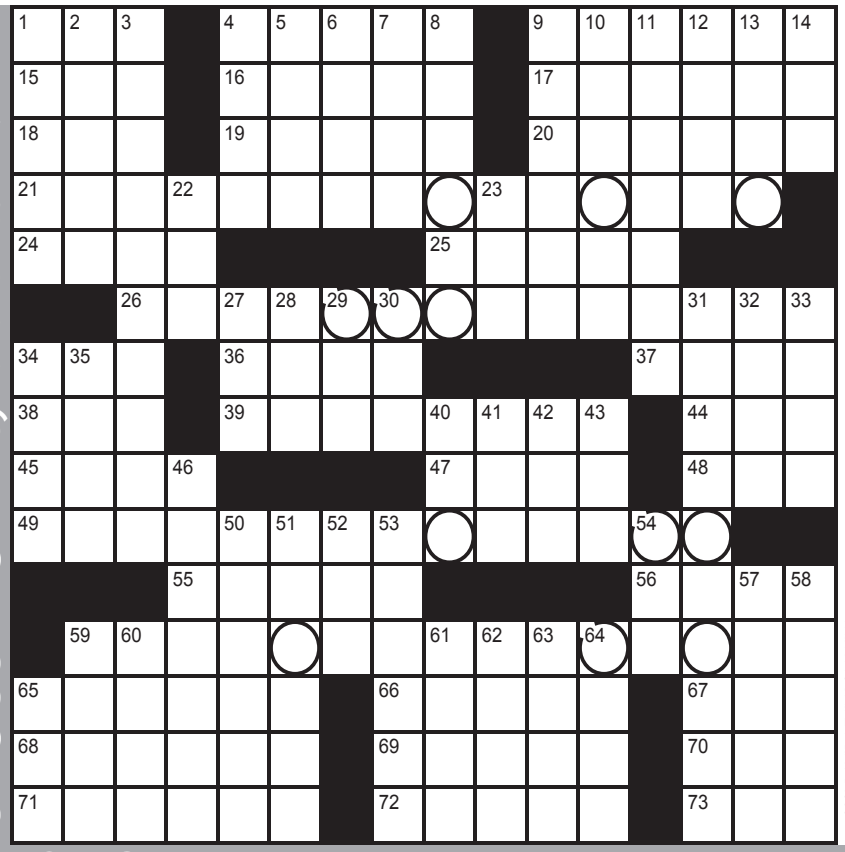
Applications can be emailed to info@arcatafire.org or mailed to the District Headquarters at 2149 Central Avenue, McKinleyville, CA 95519 or dropped off Monday – Friday between 8am and 5pm, closed for lunch. Application deadline is November 5, 2021, at 4 p.m. – postmarks not accepted.

Questions concerning this appointment should be directed to the Clerk of the Board, at 825-2000. The Board will consider all applicants at a special public meeting scheduled for 3:00 pm on November 12, 2021.

Dated: October 14, 2021
By: Becky Schuette, Clerk of the Board



CROSSWORD by David Levinson Wilk



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NOT AGAIN — *ANSWERS NEXT WEEK!*

ACROSS

1. Thanksgiving side dish
4. Indian state along the Himalayas
9. Halley of Halley's comet
15. Grp. with the hits "Evil Woman" and "Do Ya"
16. Abbr. seen on 76ers jerseys
17. Like Felix Unger vis-à-vis Oscar Madison
18. 35mm camera type
19. Conductor Georg with 31 Grammys
20. They're produced by hives
21. Lacking a healthy glow, say
24. Nebraska native
25. French "Cheers!"
26. "Shh!"
34. Rihanna hit with the lyric "please someone come and rescue me"
36. Stress, it's said
37. First word of a fairy tale
38. "THERE you are!"
39. "[sigh] ... We just dealt with this" (or what the circled letters spell in each of their answers)
44. Contents of l'océan
45. Bit of cunning
47. Arizona birthplace of César Chávez
48. ____-backwards
49. Truly unlikely
55. Pal of Seinfeld and Costanza
56. Bit of trivia
59. Unappealing
65. First of the Medicis to rule Florence
66. Ancient Greek region
67. Ugandan dictator Amin
68. How Rome wasn't built?
69. Low-tech fire starter
70. ____ B or ____ C of the Spice Girls
71. Respected elders
72. "For crying out loud!"
73. Actors Harris and Helms

DOWN

1. Type of question with two possible answers
2. Divvy up
3. "When it rains, it pours" sloganeer
4. Lhasa ____ (dog breed)
5. "Buzz off!"
6. Cocoon makeup
7. Height: Prefix
8. Thoroughfare in Anytown, USA
9. Maroon, in a way
10. Long way to go?
11. Supersonic speed
12. Roman emperor after Galba
13. Nair rival, once
14. Salk and Pepper, in brief
22. First name in Russian literature
23. "This is SO frustrating!"
27. Amy who wrote "The Joy Luck Club"
28. In the past
29. It's at the center of some court battles
30. British singer-songwriter Rita
31. "Don't rush in!"
32. First U.S. color TVs
33. ____ ex machina
34. Like lumber, in a mill
35. Most populous four-letter state
40. OB/____
41. Middle of Q3 on co. reports
42. Forerunners of texts, in brief
43. "Uh-uh"
46. A shore thing to happen
50. Naval petty officer
51. Irks
52. Stan of Marvel Comics
53. Harden into bone
54. On vacation
57. Gave up
58. Flip response?
59. Having candy before dinner, say
60. "____, can you see ... "
61. Either of two "Unforgettable" singers
62. Together, in Toulouse
63. Bowling targets
64. Sworn statement
65. Legendary Spanish knight El ____

LAST WEEK'S ANSWERS TO NIETZSCHE

A	L	P	S		G	A	L	L		P	I	N	T	O
S	E	A	T		O	R	E	O		O	N	E	I	L
K	A	N	Y	E	W	E	S	T		W	I	R	E	S
			L	E	I				S	E	N	D	T	O
	K	E	L	L	Y	C	L	A	R	K	S	O	N	
S	S	E			D	E	P	A	R	T				
I	P	A	S	S		P	A	P	A	R	O	A	C	H
N	U	T	M	E	G				H	I	N	T	E	D
E	D	S	H	E	E	R	A	N		P	A	B	S	T
				M	T	N	D	E	W			A	T	V
B	L	U	E	S	T	R	A	V	E	L	E	R		
L	E	N	D	T	O				N	I	P			
A	N	D	G	O		N	I	E	T	Z	S	C	H	E
S	T	E	A	M		A	R	A	B		O	H	I	O
T	O	R	R	E		W	A	R	Y		N	E	T	S

su|do|ku

© Puzzles by Pappocom — HARD #34

www.sudoku.com

2				8	6	9		
		6				2		
	7		5					1
9	2							
	6		4		3		2	
							9	5
8					4		1	
		7				4		
		9	8	3				2

Free Will Astrology

Week of Oct. 21, 2021

By Rob Brezsny
freewillastrology@freewillastrology.com

ARIES (March 21-April 19): Even the wisest among us are susceptible to being fascinated by our emotional pain. Even those of us who do a lot of inner work may be captivated and entranced by frustrations and vexations and irritants. Our knotty problems make us interesting, even attractive! They shape our self-image. No wonder we are sometimes "intensely, even passionately, attached to suffering," in the words of author Fyodor Dostoevsky. That's the bad news. The good news, Aries, is that in the coming weeks, you will have extra power to divest yourself of sadness and distress and anxiety that you no longer need. I recommend you choose a few outmoded sources of unhappiness and enact a ritual to purge them.

TAURUS (April 20-May 20): In Norway, you don't call your romantic partner "boyfriend" or "girlfriend." You say kjaereste, which is gender neutral and is translated as "dearest." In Sweden, you refer to your lover as älskling, meaning "my beloved one." How about Finland? One term the Finns use for the person they love is kulta, which means gold. I hope you'll be inspired by these words to experiment with new nicknames and titles for the allies you care for. It's a favorable time to reinvent the images you project onto each other. I hope you will refine your assumptions about each other and upgrade your hopes for each other. Be playful and have fun as you enhance your empathy.

GEMINI (May 21-June 20): The band Creedence Clearwater Revival, led by Gemini musician John Fogerty, achieved tremendous success with their rollicking sound and socially conscious lyrics. They sold 33 million records worldwide. In 1970, they were the best-selling band on the planet, exceeding even the Beatles. And yet, the band endured for just over four years. I foresee the possibility of a comparable phenomenon in your life during the coming months. Something that may not last forever will ultimately generate potent, long-term benefits. What might it be? Meditate on the possibility. Be alert for its coming. Create the conditions necessary for it to thrive.

CANCER (June 21-July 22): Cancerian philosopher Jean-Jacques Rousseau wrote, "I am unlike anyone I have ever met. I will even venture to say that I am like no one in the whole world. I may be no better, but at least I am different." I urge you to make that your own affirmation in the coming weeks. It's high time to boldly claim how utterly unique you are—to be full of reasonable pride about the fact that you have special qualities that no one in history has ever had. Bonus: The cosmos is also granting you permission to brag more than usual about your humility and sensitivity, as well as about your other fine qualities.

LEO (July 23-Aug. 22): Nigerian poet Ijeoma Umebinyuo writes, "I will always want myself. Always. Darling, I wrote myself a love poem two nights ago. I am a woman who grows flowers between her teeth. I dance myself out of pain. This wanting of myself gets stronger with age. I host myself to myself. I am whole." I recommend you adopt Umebinyuo's attitude as you upgrade your relationship with yourself during the coming weeks. It's time for you to pledge to give yourself everything you wish a lover would offer you. You're ready to claim more of your birthright as an ingenious, diligent self-nurturer.

VIRGO (Aug. 23-Sept. 22): As author David Brooks reminds us, "Exposure to genius has the power to expand your consciousness. If you spend a lot of time with genius, your mind will end up bigger and broader than if you spend your time only with run-of-the-mill stuff." I hope this strategy will be at the top of your priority list during the next four weeks. You will have abundant opportunities to put a lot of "excellent stuff into your brain," as Brooks suggests. Uncoincidentally, you are also likely to be a rich source of inspiration and illumination yourself. I suspect people will recognize—even more than they usually do—that being around you will make them smarter. I suggest you help them realize that fact.

LIBRA (Sept. 23-Oct. 22): Self-help author James Clear describes a scenario I urge you to keep in mind. He speaks of "a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow, it will split in two." Clear adds that "it was not that last blow that did it—but all that had gone before." You'll thrive by cultivating that same patience and determination in the coming weeks, Libra. Proceed with dogged certainty that your sustained small efforts will eventually yield potent results.

SCORPIO (Oct. 23-Nov. 21): Nobel Prize-winning poet Odysseus Elytis was speaking like a consummate Scorpio when he said, "What I love is always being born. What I love is beginning always." Like most Scorpios, he knew an essential secret about how to ensure he could enjoy that intense rhythm: He had to be skilled in the art of metaphorical death. How else could he be born again and again? Every time he rose up anew into the world like a beginner, it was because he had shed old ideas, past obsessions, and worn-out tricks. I trust you've been attending to this transformative work in the past few weeks, Scorpio. Ready to be born again? Ready to begin anew? To achieve maximum renaissance, get rid of a few more things.

SAGITTARIUS (Nov. 22-Dec. 21): "I haven't had enough sleep for years," author Franz Kafka (1883–1924) once confessed to a friend. It showed in his work, which was brilliant but gaunt and haunted. He wrote stories that would be written by a person who was not only sleep-deprived but dream-deprived. The anxiety he might have purged from his system through sleep instead spilled out into the writing he did in waking life. Anyway, I'm hoping you will make Kafka your anti-role model as you catch up on the sleep you've missed out on. The coming weeks will be a fantastic time to fall in love with the odd, unpredictable, regenerative stories that well up from your subconscious depths while you're in bed at night. They will refresh your imagination in all the right ways.

CAPRICORN (Dec. 22-Jan. 19): "The reason life works at all is that not everyone in your tribe is nuts on the same day," writes author Anne Lamott. I will add that on rare occasions, virtually everyone in your tribe is functioning at high levels of competency and confidence. According to my analysis, now is one of those times. That's why I encourage you to take extraordinary measures to marshal your tribe's creative, constructive efforts. I believe that together you can collaborate to generate wonders and marvels that aren't normally achievable. Group synergy is potentially at a peak—and will be fully activated if you help lead the way.

AQUARIUS (Jan. 20-Feb. 18): I believe your plan for the rest of 2021 should borrow from the mini-manifesto that Aquarian author Virginia Woolf formulated at age 51: "I will go on adventuring, changing, opening my mind and my eyes, refusing to be stamped and stereotyped. The thing is to free one's self: to let it find its dimensions, not be impeded." Does that sound like fun, Aquarius? It should be—although it may require you to overcome temptations to retreat into excess comfort and inertia.

PISCES (Feb. 19-March 20): "Anyone who isn't embarrassed of who they were last year probably isn't learning enough," writes author and philosopher Alain de Botton. That's too extreme a statement for my taste. But I agree with the gist of his comment. If we are not constantly outgrowing who we are, we are not sufficiently alert and alive. Luckily for you, Pisces, you are now in a phase of rapid ripening. At least you should be. The cosmos is conspiring to help you learn how to become a more vibrant and authentic version of yourself. Please cooperate! Seek all available updates. ●

Homework: Tell me why you're such a gorgeous creature. https://Newsletter.FreeWillAstrology.com

Continued on next page »

Opportunities

AMERICAN STAR PRIVATE SECURITY
Is now hiring. Clean record. Driver's license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262

ESSENTIAL CAREGIVERS
Needed to help Elderly
Visiting Angels
707-442-8001



EXECUTIVE DIRECTOR The Humboldt County Historical Society seeks a part-time executive director. Salary $18,720 per year, 20 hours per week. Full job description at www.humboldthistory.org. www.humboldthistory.org

YUROK TRIBE

FOR A LIST OF CURRENT JOB OPENINGS AND DESCRIPTIONS

LOG ONTO WWW.YUROKTRIBE.ORG OR JOIN US ON FACEBOOK: WWW.FACEBOOK.COM/YUROKTRIBEHUMANRESOURCES

FOR MORE INFORMATION CALL (707) 482-1350 EXTENSION 1376

THE CITY OF
EUREKA
PUBLIC WORKS

ENGINEERING TECHNICIAN I/II

$2,945 - $4,158/Month

Plus Excellent Benefits

****Salary will increase to $3,035 - $4,284 per month in 2022 with an additional increase of 5% in 2023 and again in 2024.**

Under supervision, performs a variety of specialized paraprofessional engineering field and office duties in support of professional engineering staff. Researches engineering topics and prepares basic engineering calculations; provides technical advice to the public; coordinates plan submittals; issues permits; maintains plan files and engineering records; prepares reports. For more information and to apply, visit our website at www.ci.eureka.ca.gov Recruitment closes at 5:00 p.m. on Friday, October 29th, 2021. EOE



Hiring?

Post your job opportunities in the *Journal*.

442-1400 ×314
classified@northcoastjournal.com

Vynca
Advance Care Planning
ResolutionCare

Social Worker

We are actively looking for social workers to provide person-centered, home-based care for individuals with specialty palliative care needs via telemedicine with the support of an interdisciplinary team.

The ideal candidate has clinical case management experience in hospice or palliative care or a closely related field and effective communication, technology, and time management skills. This is a full time (40 hours per week), permanent position with an excellent benefit package.

To apply, please review our website **www.resolutioncare.com** and then send a cover letter and resume by e-mail to: **info@resolutioncare.com** or fax it to **(707) 440-8100.** Open until filled. Salary competitive and commensurate with experience.

ARCATA POLICE DEPARTMENT

POLICE BUSINESS MANAGER

$64,915.51 - $78,905.18/yr. plus 4% increases in 2022 and 2023 and a generous benefits package upon hire

First review: 4:00 p.m. Friday, October 29, 2021. Responsibilities include overseeing, managing, supervising, and participating in the day-to-day functions of the Police Department Front Office and Records and Property Sections. The position is also responsible for the development, implementation, and monitoring of the Department's annual budget, and develops, coordinates, and manages a variety of special projects in support of the Chief and Command Staff. Visit: https://**www.cityofarcata.org/Jobs** for application materials or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE.

Humboldt Area Foundation
Wild Rivers Community Foundation

Now recruiting for a

Native Cultures Fund Program Officer

$55,300-$62,213

If you are seeking an opportunity to co-lead a philanthropic effort to foster the growth and thriving of California's Indigenous cultures, HAF needs you! Native Cultures Fund (NCF) seeks two Senior Program Officers (SPO) to co-direct the fund focused on cultural revitalization in Native communities in California from the Tolowa Dee-ni' Nation in the north, to the Paiute and Shoshone territories in the east, and south to the Chumash homelands. The two SPOs will be visioning partners between communities across California and philanthropy, specifically guiding the growth of NCF programs in continued collaboration with Native cultural leaders, while advancing HAF's goals around racial equity, thriving youth and families, and environmental justice.

Ideal Candidate
Your ability to dream big inspires radical imagination in others. Your authentic commitment to collaborative decision making, teamwork, and intra-team cooperation is demonstrated by your experience in co-management/co-leadership positions. Through your experience advancing Native cultural revitalization efforts in California, your ability to build relationships with Native cultural leaders, organizations, and potential donors is evident. You are somebody who can communicate effectively with a diverse population, establish and maintain working relationships with individuals from diverse backgrounds, and handle interactions with creativity, kindness, and diplomacy. Your respect for cross-cultural and intertribal perspectives and experiences is evident to all who interact with you. You are an effective convener and facilitator of people of all backgrounds and beliefs, with a specialty in facilitating in Indigenous communities. You maintain confidentiality and protect sensitive information in accordance with organizational standards and Indigenous protocols.

Key Qualifications
A successful candidate is expected to have a minimum of five years of progressively responsible experience working in advancing cultural revitalization and nonprofit, executive, academic, or policy leadership efforts in Native communities. Work experience must demonstrate knowledge of grantmaking procedures or nonprofit best practices, as well as an ability to effectively manage a program including related budgets and grants and financial reporting and analysis.

Please visit
www.hafoundation.org/jobs
for application procedures and the complete job announcement, including all desired qualifications.

For questions, contact Haley Clark at jobs@hafoundation.org or (707) 442-2993, ext. 305.

Position is open until filled, but priority consideration given to those who apply by
8 a.m., Monday, Nov. 15, 2021

Redwood Coast Regional Center
Be a part of a great team!

SOCIAL WORKER (Service Coordinator)

FT in Eureka, CA. Advocating & coord. services for Adults w/dev & intellectual disabilities. Requires BA w/exp in human services or related field. Sal range starts $3665/mo. Exc. bene.

Visit **www.redwoodcoastrc.org** for more info & required docs. **EOE**

City of Arcata

MAINTENANCE WORKER/SENIOR - UTILITIES

$35,211 - $50,951 plus 4% increases scheduled for 2022 and 2023

This is the entry-level class in the Streets/ Utilities maintenance worker series with the current assignment being in Utilities performing a wide variety of semi-skilled and skilled tasks related to the construction, maintenance, repair, installation and monitoring of utilities systems and infrastructure.

Visit: https://**www.cityofarcata.org/Jobs** for application materials or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE.

City of Trinidad Public Works/ Water System Director

The City of Trinidad is accepting applications from qualified, experienced professionals to fill the Public Works/Water System Director Position. Desired candidates must possess valid T3/D1 certifications for water treatment and distribution. Serving as Chief Water Plant Operator and Director of Public Works, responsibilities include performing diverse, specialized, and complex work in water treatment and frequent interaction with the public. This is a full-time position, with a negotiable salary depending on qualifications. Visit www.trinidad.ca.gov for a complete job profile and description. The application review period begins October 30. Please contact the Trinidad City Clerk's office if you need additional information.

Humboldt Area Foundation

Wild Rivers Community Foundation

Now recruiting for a

Native Cultures Fund Coordinator

$16.00-$17.85/hour

If you are enthusiastic about applying your attention to detail, respect for sensitive information and confidentiality, and cultural competency in support of cultural revitalization of Indigenous California lifeways, teachings, arts, and intergenerational transmission of knowledge – Native Cultures Fund needs you! In this role, you will be responsible for a variety of administrative, logistical, and customer service tasks that support the daily functions of NCF's grants, scholarships, and community based programs and initiatives.

Ideal Candidate

You are someone who is organized and prides yourself on providing excellent internal and external customer service. Your ability to ask good questions to complete tasks with a high level of independence serves you well as you take direction from multiple staff members, propose solutions, communicate effectively, and work collaboratively across the organization.

A truly outstanding candidate will be knowledgeable about nonprofit business functions. Ideal experience includes administrative support to committees: taking meeting minutes, logistics, calendar coordination, travel arrangements, and creating committee packets. Applicable bilingual proficiency in California Indigenous languages is a strong plus. Preferred, but not required, is possession of a current valid California driver's license and ability to be covered under HAF's auto insurance in order to work with community and attend events.

Key Qualifications

A successful candidate is expected to have a minimum of one (1) year of full-time experience working in an administrative or cultural revival role that has provided the qualities described above, along with knowledge and lived experience in Native cultural revitalization efforts in California.

Please visit
www.hafoundation.org/jobs
for application procedures and the complete job announcement, including all desired qualifications.

For questions, contact Haley Clark at jobs@hafoundation.org or (707) 442-2993, ext. 305.

Position is open until filled, but priority consideration given to those who apply by
8 a.m., Monday, Nov. 1, 2021

SPS
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(707) 445.9641 • 436 Harris St, Eureka, CA 95503
www. sequoiapersonnel.com

Sunny Fortuna The Friendly City
Fortuna Chamber of Commerce

MEMBERSHIP COORDINATOR/ ADMIN ASSISTANT

The Fortuna Chamber of Commerce is seeking an organized, versatile, and passionate Membership Coordinator/Admin Assistant to enhance and grow our member-based organization and visitor center through social media promotions, outreach, workforce development, and business retention/recruitment.

The ideal candidate is highly motivated, personable, articulate with excellent verbal and written communication skills, and adept at social media. This position will require an average of 20 hours per week depending on workload, events, and President/CEO scheduling. The position will be part-time, non-exempt with a salary range of $15.00-$19.00, depending on experience and qualifications. Schedule is flexible during the workweek.

The full job description and application instructions can be found online at **www.fortunachamber.com/employment.**

THE CITY OF EUREKA
POLICE DEPARTMENT

COMMUNITY SERVICES OFFICER

$2,887-$3,509/Month
($34,644-$42,110/Annual)
Plus Excellent Benefits

Salary will increase to $2,975-$3,616 per month ($35,697-$43,389 per year) in 2022 with additional increases of 5% in 2023 and 2024.

This position performs a wide variety of complex activities in administering non-sworn police support services and programs to provide support to patrol units and community members.

A combination of education and experience equivalent to an Associate's Degree in Criminal Justice or a closely related field and two (2) years of related administrative support is desired. This position may be assigned evening and/or weekend shifts. EOE

For more information regarding qualifications and to apply online go to **www.ci.eureka.ca.gov.**

We will be accepting applications until
5 pm on Friday, October 29th, 2021.

CITY OF FORTUNA

STREET MAINTENANCE WORKER I

$14.00 - $16.37/HR., PART TIME

Entry-level position to perform a wide variety of maintenance, repair, and construction of City streets and storm drains; to learn basic equipment operation assignments; and to do related work as required. Work assignments may include heavy physical and manual labor. Must be 18 and have valid CDL.

Complete job description and required application available at friendlyfortuna.com or City of Fortuna, 621 11th Street, (707) 725-7600.

OPEN UNTIL FILLED

Trees Foundation is hiring a

COMMUNITY FIRE RESOURCES COORDINATOR

Help make Southern Humboldt's forested landscapes and communities better prepared for wildfire by helping to develop and facilitate community wildfire resiliency action plans. Work directly with the Southern Humboldt Fire Safe Council in planning, funding, and implementing community wildfire preparedness goals. Remote work possible; minimum one day/month at Trees Foundation office in Garberville.

Submit cover letter, resume, and references to **trees@treesfoundation.org**, with the job title in subject line. View full job requirements at **tinyurl.com/treesjob**.

City of Arcata

FACILITIES MAINTENANCE TECHNICIAN

$40,489 – $50,446/yr.
plus benefits

Filing deadline: 4pm Friday, October 29, 2021

The Facilities Maintenance Technician is responsible for ensuring the City's Foodworks commercial culinary rental facility meets safety, appearance and operational requirements. The position will also perform administrative and support functions related to tenant lease agreements and payments. Ability to work independently is a must.

Visit **www.cityofarcata.org/Jobs** for application materials or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE

Vynca
Advance Care Planning
ResolutionCare

Care Coordinator (Full Time)

ResolutionCare | A Vynca Company, is a fast-paced, entrepreneurial environment ideal for candidates passionate about transforming the lives of individuals with serious illness. We are actively looking for an experienced Care Coordinator who is compassionate, detail-oriented and has excellent phone, communication, computer, and organizational skills to support our clinical team.

The ideal candidate has experience in a medical office or a closely related field. Great for a person who enjoys multitasking, working quickly, and thrives in a team setting. This is a full time (40 hours per week), permanent position with an excellent benefit package.

To apply, please review our website www.resolutioncare.com and then send a cover letter and resume by e-mail to info@resolutioncare.com or fax it to (707) 440-8100. Open until filled. Salary competitive and commensurate with experience.

Vynca
Advance Care Planning
ResolutionCare

Full-time RN position

Vynca is a fast-paced, fun entrepreneurial environment incredibly passionate about transforming end-of-life care. With the integration of ResolutionCare services, we are actively looking for registered nurses to provide patient-centered, home-based care for individuals with specialty palliative care needs via telemedicine with the support of an interdisciplinary team.

The ideal candidate has clinical case management experience in hospice or palliative care or a closely related field and effective communication, technology, and time management skills. This is a full time (40 hours per week), permanent position with an excellent benefit package. California licensure is required.

To apply, please review our website www.resolutioncare.com and then send a cover letter and resume by e-mail to info@resolutioncare.com or fax it to (707) 440-8100. Open until filled. Salary competitive and commensurate with experience.

The Hoopa Valley Tribe is accepting applications to fill the following vacant positions:

Transfer Station Supervisor

Public Utilities District, Regular, F/T, Salary: $18.00-$20.00/hr. DOE. Responsible for coordinating and developing a professional business relationship with multiple vendors; incumbent is required to ensure that the scale is certified every 6 months by a certification company. **Minimum Qualifications:** High School Diploma (or GED equivalent); must possess two years of Supervisory experience; will be required to obtain a certificate for the 40-hour Hazmat Training; must be knowledgeable in the Personnel Policies and Procedures, capable of working with and training employees. See job description for additional requirements. Must possess a Valid CA Driver's License and be insurable. Subject to Title 30A Employment Background Check. **DEADLINE: November 1, 2021**

Maintenance Worker

Hoopa Roads/Transportation, Regular, F/T, Salary: $16.00-$20.00/hr. DOE. Under basic supervision, performs a variety of tasks involving construction, maintenance and repairs of roads, right-of-way, bridges, airport, storm drains, traffic signs and pavement marking for the Roads/Transportation Department. **Minimum Qualifications:** High School Diploma (or GED equivalent); must have the ability to obtain a California Commercial driver's license to operate specified equipment. If applicant is willing to attend and complete truck driving school, the department will provide the training with a 24-month commitment to the company. Driver is subject to all applicable laws and regulations required by the State of California and must be familiar with the Department of Transportation (D.O.T.) laws and regulations. See job description for additional requirements. Must possess a Valid CA Driver's License and be insurable. Subject to Title 30A Employment Background Check. **DEADLINE: November 1, 2021**

Associate Attorney

Office of Tribal Attorney, Regular, F/T, Salary: DOE. **Minimum Qualifications:** Juris Doctorate degree; minimum 1 to 5 years practicing law, at least 2 years practicing federal Indian law or administrative/governmental law preferred. Member in good standing of any state bar, California bar preferred. If not a California bar member, must be willing to take California State Bar Exam within a year of hire. Outstanding writing, research, and communication skills required and a writing sample must be submitted with application and resume. Must have a valid CA Driver's License and be insurable. Title 30A background check required. **OPEN UNTIL FILLED**

These positions are classified safety-sensitive. Obtain position description for minimum qualifications.

For complete job descriptions, minimum qualifications and employment applications, contact the Human Resources/Insurance Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-9200 ext. 20 or 23, or email hr2@hoopainsurance.com or l.offins@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance apply.

@northcoastjournal

CAREGIVERS NEEDED NOW! Work from the comfort of your home. We are seeking caring people with a bedroom to spare to help support adults with special needs. Receive ongoing training and support and a monthly stipend of $1200-$4000+ a month. Call Sharon for more information at 707-442-4500 ext 205 or visit www.mentorswanted.com to learn more.



Hiring?

Post your job opportunities in the ***Journal.***

442-1400 ×314
classified@northcoastjournal.com

The Hoopa Valley Tribe is accepting applications to fill the following vacant positions:

Sergeant

Hoopa Tribal Police Department, Regular, F/T, Salary: $34.13/hr. Under general supervision of the Chief of Police or his authorized designee shall perform a wide variety of peace officer duties. **Minimum Qualifications:** Must have three (3) years of related experience and/or training. Must possess a valid P.O.S.T Law Enforcement Academy or Indian Police Academy Certificate. Additional requirements are listed in the job description. Valid CA Driver's License and insurable.

OPEN UNTIL FILLED

Police Officer

Hoopa Tribal Police Department, Regular, F/T, Salary: $26.91/hr. Performs a wide variety of peace officer duties. **Minimum Qualifications:** Must possess a Basic Academy Certificate from a California P.O.S.T. approved academy. Additional requirements are listed in the job description. Must have a California Driver's license and be insurable. Must successfully pass a Title 30A Employment Background and a California Police Officer Standards and Training (P.O.S.T.) background checks. **OPEN UNTIL FILLED**

Budget Analyst

Fiscal Department, Regular, F/T, Salary: DOE. Knowledgeable and proficient in each grant and budget assigned; monitor all function of grant to ensure compliance with tribal, federal, state and local requirements. Coordinates with departments on grant applications, budget calculations, and budget narratives. **Minimum Qualifications:** A.A. or A.S. in Business Administration or Accounting; must have knowledge of OMB Super Circular 2 CFR 200; computer experience required. Additional requirements are listed in the job description. Must have a valid CA Driver's License and be insurable. **OPEN UNTIL FILLED**

These positions are classified safety-sensitive. Obtain position description for minimum qualifications.

For complete job descriptions, minimum qualifications and employment applications, contact the Human Resources/Insurance Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-9200 ext. 20 or 23, or email hr2@hoopainsurance.com or l.offins@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance apply.

Northern California Indian Development Council

JOB OPENINGS

241 F St., Eureka, CA 95501 • (707) 445-8451

Full Time positions available

- **Indigenous Education Advocate**
- **Staff Accountant**
- **Operation/Human Resources Director**
- **Emergency Response Coordinator**

Temporary Work Experience training positions

available for eligible Native Americans include training in the following paid positions:

- **Retail Clerk/Reception Desk**
- **Building Maintenance**
- **Warehouse/Delivery**
- **Brushing/Hand Tool Cleanup/Repair**

For more information, job descriptions, and application, please visit ***jobs.ncidc.org***

ARCATA POLICE DEPARTMENT

POLICE OFFICER & POLICE OFFICER TRAINEE SPONSORSHIP

$57,919 - $70,400/yr.
$19.85–$21.91/hr. Trainee

Sponsorship through the Police Academy includes hourly pay, medical benefits upon sponsorship, Academy expenses and equipment paid for and provided. Upon graduation, promotion to a full-time, fully benefitted Arcata Police Officer position. APD selects Sponsorships for students currently enrolled but not yet attending, those considering enrolling, or applicants already attending a P.O.S.T. approved Academy.

Non-Sponsorship applicants should possess valid P.O.S.T. Certification verifying successful completion of a P.O.S.T. approved Police Academy or possess a valid P.O.S.T. Recertification Certificate.

Arcata's small town atmosphere, academic community, and beautiful natural resources make us a nice place to live and work. Visit: https://**www.cityofarcata.org/Jobs** or contact City of Arcata, 736 F Street, Arcata, CA 95521; (707) 822-5953; or email personnel@cityofarcata.org. EOE.

Northcoast Children's Services

MAINTENANCE TECHNICIAN, Arcata Main Office

Performs a variety of site repairs, alterations, construction projects, & general maintenance for sites. 2 yrs. of construction exp. desirable. Must have valid Driver's License, good driving record & have current criminal record clearance. 40 hrs./week (8:30-5:00pm, Mon-Fri); $17.65-$19.46/hr. **Open Until Filled.**

HOME VISITORS, Various (HS/EHS)

Provide weekly home visits & facilitate parent & child play groups twice a month. Req. AA/AS degree in Early Childhood Education, Psychology, Social Work or a related field OR 12 Head Start related units. Req. 2 years' exp. in community service, working w/ children & families. Bilingual preferred. F/T & P/T position. $18.00-$19.16/hr. **Open Until Filled.**

CENTER DIRECTOR, Arcata

Responsibilities include overall management of Head Start and Partnership programs. AA/BA in Child Development or related field preferred. Meet req. for Site Supervisor permit. 3 Infant Toddler units req. F/T 40 hrs./wk. M-Fri. $20.00-$22.05/hr. **Open Until Filled**

CENTER DIRECTOR, Eureka, McKinleyville

Responsibilities include the overall management of a Head Start center base program. Meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (AA req. BA/BS Degree in Child Development or a related field preferred). Req. a minimum of 2 years' exp. working w/ preschool children in a group setting. F/T 40 hrs./wk. Mon-Fri (8am-4:30pm); $20.00-$22.05/hr. **Open Until Filled.**

ASSOCIATE TEACHERS, Redway, Orleans

Assist teacher in the implementation & supervision of activities for preschool children. Req. a minimum of 12 ECE units—including core classes—& at least 1-year exp. working w/ children. Redway: F/T 32 hrs./wk. Orleans: F/T 32 hrs./wk. $17.00-$17.85/hr. **Open Until Filled.**

TEACHERS, Eureka (Temporary), Arcata

Responsible for development & implementation of classroom activities—providing support & supervision for toddler program. Must have 12 core in ECE/CD (w/ 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, & have 1-yr. exp. teaching in a toddler setting. P/T positions, 28 hrs./wk. M-F $17.50-$19.30/hr. **Open Until Filled.**

Submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521
For addtl info & application
please call 707-822-7206 or visit our website at
www.ncsheadstart.org

THCC
THE HUMBOLDT COUNTY COLLECTIVE

THE HUMBOLDT COUNTY COLLECTIVE IS NOW HIRING!

Come join our friendly, knowledgable staff that was voted

Best Dispensary

for the second year in a row!

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changing tides family services

OUR MISSION
Changing Tides Family Services increases the health and success of children, youth, families, and individuals

Mental Health Support Specialist

Multiple positions, Part-time, $18.30/hr.

Program Supervisor II

Full-time, $21.32/hr.

Program Assistant, Case Management

Full-time, $14.56/hr.

Open until filled

COVID-19 Vaccine Required

Job description and list of qualifications available at **www.changingtidesfs.org**

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(707) 444-8293

www.changingtidesfs.org Hablamos español
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Northcoast Children's Services

TEAM TEACHER, Arcata

Responsible for the development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (w/ 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher level on Child Development Permit Matrix, & have 1-yr. exp. teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. $17.75-$18.64/hr. **Open Until Filled.**

TEMPORARY TEACHER, McKinleyville

Responsible for the development & implementation of classroom activities—providing support & supervision for a toddler program. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on Child Development Permit Matrix & have 1-yr. exp. teaching in a toddler setting. P/T 28 hrs./wk. M-F $17.50-$19.30/hr. Open Until Filled.

ASSISTANT TEACHERS, Arcata, McKinleyville & Trinidad

Assist teacher in the implementation & supervision of activities for preschool children. Minimum of 6-12 ECE units preferred, not req. & 6 months' exp. working w/ children. P/T 25 hrs./wk. M-Fri $15.00-$16.54/hr. Open Until Filled.

ASSISTANT TEACHER, Eureka

Assist center staff in the day-to-day operation of the classroom for a toddler program. 6-12 ECE units preferred, not req. & have 6 months' exp. working w/ children. P/T 28 hrs./wk. M-Thu (8:15am-3:45pm) $15.00-$16.54/hr. Open Until Filled.

ASSISTANT COOK, Eureka

Duties include assisting in the prep & organization of food, setting-up meals & snacks and kitchen cleanup for a preschool facility. Req. basic cooking skills. Prior exp. in food handling & service desired. P/T 25.5 hrs./wk. M-Thu (9am-2pm, Fri 8:30am-2pm) $15.00/hr. Open Until Filled.

HOUSEKEEPER, Eureka, Arcata, Fortuna

Perform duties to keep site clean, sanitized & orderly. Must have exp. & knowledge of basic tools & methods utilized in custodial work & have the ability to learn & follow health & safety req. Eureka: P/T 16 hrs./wk. Arcata & Fta: P/T 5 hrs./wk. $15.00/hr. Late afternoon/evening hours, flexible. Open Until Filled.

Submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521
For addtl info & application
please call 707-822-7206 or visit our website at
www.ncsheadstart.org

Let's Be Friends

Miscellaneous

BAD PALLIATIVE CARE OR HOSPICE EXPERIENCE? Have you or a family member had a bad experience with a palliative care company or hospice in Humboldt County? Please contact badcarehumboldt@gmail.com with your story.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-877-649-5043 (AAN CAN)

BRAND NEW Garrett A.T. Pro metal detector with pointer and accessories. $650, 497-6618

4G LTE HOME INTERNET NOW AVAILABLE! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as $109.99/mo! 1-888-519-0171 (AAN CAN)

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DONATE YOUR CAR TO KIDS. Your donation helps fund the search for missing children. Accepting Trucks, Motorcycles & RV's, too! Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Call 877-266-0681 (AAN CAN)

CITY OF RIO DELL CALIFORNIA

The City of Rio Dell is now accepting applications for

POLICE OFFICER

($46,005–$64,849 + Benefits)

Open to entry level & laterals. Candidate must have appropriate POST certification and be 21 years of age by the time of appointment. Small but effective department.

The Rio Dell Police Department is a supportive environment that encourages an officer's personal and professional growth. This is a small town with great weather, surrounded by beauty, with low levels of crime. Help us keep it this way!

Applications may be obtained at 675 Wildwood Avenue, **www.cityofriodell.ca.gov** or call **(707) 764-3532**.

Humboldt Senior Resource Center

We're Hiring!

Are you motivated by meaningful experiences? Do you have a heart for service? Our current openings include:

Drivers
Custodian (substitute)
CarePartners (Care Aides)
Registered Nurses
PACE Center Managers
Receptionist /Center Coordinator

To apply, visit www.humsenior.org.
Questions? Call 707-443-9747.
HSRC is an equal opportunity employer.

MARKETPLACE

DINSMORE 40 ACRES Buck Mtn, 4K elevation, very nice land. $250,000, owner can carry. Please call (707) 298-5400

DISH TV $64.99 For 190 Channels + $14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 7/21/21. 1-855-380-250

FIGURINES, TINS & BASKETS ALL HALF OFF at the Dream Quest Thrift Store Where your shopping dollars help local youth realize their dreams. October 26-60 Plus: Senior Discount Tuesdays & Spin'n'Win Wednesdays! (530) 629-3006.

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NEVER PAY FOR COVERED HOME REPAIRS AGAIN! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. $200.00 OFF + 2 FREE Months! 1-877-673-0511. Hours Mon-Thu, Sun : 9:30 am to 8:00 pm Fri : 9:30 am to 2:00 pm (all times Eastern) (AAN CAN)

SAVE MONEY ON EXPENSIVE AUTO REPAIRS! Our vehicle service program can save you up to 60% off dealer prices and provides you excellent coverage! Call for a free quote: 866-915-2263 (Mon-Fri :9am-4pm PST)

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WRITING CONSULTANT/EDITOR. Fiction, nonfiction, poetry. Dan Levinson, MA, MFA. (707) 443-8373. www.ZevLev.com

Musical



Pets & Livestock

MATURE, PLAYFUL female spayed cat (gray tuxedo) needs loving home soon. Owner entering care facility. (707) 572-6070

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ROCK CHIP? Windshield repair is our specialty. For emergency service CALL GLASWELDER 442-GLAS (4527) humboldtwindshield repair.com

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Call Jeremy Stanfield at Landmark Real Estate 725-2852 for more information.

■ ARCATA

$275,000

DO YOU LIKE BEACHCOMBING? FISHING? BIRDWATCHING? This small 3 bedroom beach cottage might be for you! Located in tiny Tyee City near Arcata on the banks of the Mad River, this property is close to the boat launch ramp and just under 1/2 mile to the Mad River parking lot. The home needs some work, but has a new wood stove and some newer laminate flooring. Easy to show! Call today! $295,000 MLS#259906





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Ashlee Cook
Realtor
BRE# 02070276
707.601.6702



MIRANDA – CULTIVATION – $1,500,000

±40 Acre Salmon Creek farm with County and State interim permits for 4,000 sq. ft. of mixed light and 16,000 sq. ft. of outdoor cultivation space! Property features two ponds, water storage, large dry room, and small guest cabin and a new home under construction.



WILLOW CREEK – LAND/PROPERTY – $89,000

±1.79 Acre lot in a desirable area in Willow Creek! Surrounded by trees, with sloping terraces of land, the possibilities are endless. Community water/ no septic and close to USFS land.



BRIDGEVILLE – LAND/PROPERTY - $200,000

±40 Acre mountain hideaway just off Hwy 36 featuring southern exposure, end of the road privacy, two large year-round creeks, developed building site, and a rustic 3 bedroom cabin & outbuildings in need of some TLC (unpermitted buildings on site).



EUREKA – COMMERCIAL – $874,000

±3,500 sqft Commercial building with great Broadway location, has a large parking lot, and is zoned CS to offer a variety of uses! Building has fire damage and is being sold in AS-IS condition.



CRESCENT CITY – HOMESTEAD – $695,000

Gorgeous and historic ±38 acre homestead ranch nestled between the Siskiyou Wildness and Smith River National Recreation Area! Property is mostly flat fenced and cross-fenced grazing land, has a large barn, vegetable garden, with a 2/1 rustic home that is fully off-grid and features solar power and abundant water from a private spring.

2626 HILLCREST DRIVE, EUREKA - $555,000

Beautiful 4/2 home on Humboldt Hill overlooking a wooded horse pasture! Property is well-maintained and tastefully updated with stained concrete patio, new paint, and recessed LED lighting.



HYAMPOM – CULTIVATION OPPORTUNITY – $1,800,000

± 326 Acre cannabis farm w/ interim County & provisional State permits for 38,000 sq. ft. of OD & 3,800 sq. ft. of nursery space! Boasting craftsman like construction, multiple buildings totaling 7,140 sq. ft. w/ a kitchen, living quarters, processing area, & ample storage spaces. Plentiful water w/ 3 separate wells. Elevation appx 3,000 ft.



WILLOW CREEK – LAND/PROPERTY – $347,000

±177 Acre homestead, mountain recreation, or timberland property adjacent to Forest Service lands. Hardwood & fir forests, exceptional views to the south & west, several flats for development, w/ county road access and just 6 miles from downtown Willow Creek.



MYERS FLAT – CULTIVATION PROPERTY – $825,000

±73 Acres of mixed timberland and meadows w/ County interim permit for 19,600 sq ft of outdoor cultivation & state provisional license. Property features 3 garden sites, an active NTMP, an off the grid 2 bedroom cabin with two 16x30 ft outbuildings. Owner may carry.



4372 FOREST HILLS DRIVE, FORTUNA - $80,000

Become a member of the prestigious Forest Hills Estates gated subdivision in sunny Fortuna! This lot is almost half an acre in the redwoods and comes with building plans for a home perfectly engineered to take advantage of the slope. Power, water, and sewer are at the street.



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